



**25<sup>th</sup> May 2021**

Dear Parents and Carers,

As we approach half term It is important that everyone is aware that although Liverpool is opening up, we still need to be very cautious about the risk of Covid-19, especially in light of the new variant. There are things you still need to do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth & nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### **Vaccinations**

Public Health are strongly urging everybody eligible for the vaccine in Liverpool who hasn't had their vaccine yet to book ASAP!

Booking is easy, please go to <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or phone 119 free of charge.

### **Foreign travel**

We are still being advised against all non-essential international travel to most countries and territories. You should check the country page for your destination if you do have to travel:

[www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### **Return to school**

#### **Testing**

Please continue to get tested twice per week using your home testing kits which are available for anyone without symptoms. **In particular could you please ensure that secondary age pupils get tested before returning to school after the half term break.**

<https://liverpool.gov.uk/smarttesting>

#### **Face coverings**

**We are still asking that you continue to wear face coverings when dropping off and picking up your children at school due to concerns about the inability to socially distance at some locations.**

Please stay safe and thank you for your continued support.

Yours faithfully

*Matt Ashton*

Director of Public Health, Liverpool

*Steve Reddy*

Director of Children's Services, Liverpool



This guidance is available in a range of alternate languages: [shorturl.at/zHJK6](https://shorturl.at/zHJK6)

If you have any of the main symptoms of coronavirus (COVID-19), get a PCR test as soon as possible. Stay at home until you get the result. The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

People who are sick with coronavirus may have other flu like symptoms such as:

body aches; persistent headaches; sore throat; tiredness; shortness of breath; nausea or diarrhoea

If you don't have any of the main symptoms of coronavirus, you don't need to isolate until you get your result, however you do need to continue to take the usual measures to protect yourself and others from illness.

**People with symptoms can get a test here or call 119:**

<https://liverpool.gov.uk/communities-and-safety/emergency-planning/coronavirus/how-to-get-tested/tests-for-people-with-symptoms/>

**People without symptoms can access our community testing sites here:**

<https://liverpool.gov.uk/smarttesting>

## UNDERSTANDING YOUR CHILD

**Free Parenting Guide for people living in Liverpool – free access if you have a purple bin!**

Award winning **online courses** - Find out more about:

- How your child develops • your child's feelings • Different styles of Parenting
- Why sleep is important • Communication with your child

These online parenting guides are offered free to parents and carers in Liverpool. Go to [www.inourplace.co.uk](https://www.inourplace.co.uk) click 'start now' and Enter the ACCESS CODE: **PURPLE BIN**