

7 April 2022

Dear Parents and Carers

On Tuesday, 29 March, the Secretary of State for Health and Social Care, Sajid Javid, set out the [next steps for living with COVID-19](#) in England from Friday, 1 April.

This means that from 1 April, updated guidance advises people with symptoms of a respiratory infection, including COVID-19, and a high temperature or who feel unwell, to try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature. From 1 April, anyone with a positive COVID-19 test result will be advised to try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious.

As we learn to live safely with COVID-19, there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections. COVID-19 and other respiratory infections such as flu can spread easily and cause serious illness in some people.

Vaccinations are very effective at preventing serious illness from COVID-19, however even if you are vaccinated there is a chance you might catch COVID-19 or another respiratory infection and pass it on to other people.

Guidance released on 1 April for people experiencing symptoms of respiratory infection can be found here; [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](#)

As we know attending education is hugely important for children and young people's health and their future. Therefore, the guidance from 1 April is that children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It is not now necessary that children and young people are tested for COVID-19 unless directed to by a health professional. If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Government guidance for living safely with COVID-19 can be found here; [Living safely with respiratory infections, including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19). In summary, it advises that there are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. Things you can choose to do are:

1. Get vaccinated
2. Let fresh air in if meeting others indoors
3. Practise good hygiene:
 - wash your hands
 - cover your coughs and sneezes
 - clean your surroundings frequently
4. Wear a face covering or a face mask

Face coverings and face masks can help reduce the chance of you spreading infection to others, especially in crowded and enclosed spaces, and may protect you from becoming infected by some respiratory viruses. If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Please also find attached a letter to parents from Surrey County Council's Director of Public Health and Director of Education and Lifelong Learning.

Wishing you all a restful break, we look forward to welcoming students back to school on Wednesday, 20 April.

Kind regards

Emma West
Acting Headteacher

att: letter from SCC's Director of Public Health & Director of Education and Lifelong Learning