

13th December 2021

Dear Parent or Carer

With Christmas fast approaching and concerns around Covid once again in the headlines, I am writing to you about Covid in Scunthorpe.

We have high numbers of people with Covid locally, with over 740 cases every week in North Lincolnshire. The rates of infections in primary school age children are particularly high but with the right measures in place children are still in school.

We all need to be extra careful, right now to slow down the spread of Covid, particularly with the new variant Omicron spreading quickly in all regions of the country. Taking action is not just about keeping ourselves safe but to prevent infections in people who are at risk of being seriously ill with Covid. Slowing down the spread of Covid will help our health services avoid being overwhelmed so they can be there for us when we need them.

Please stay at home and do not come to the school if you have any symptoms of Covid or have tested positive.

The main symptoms of Covid 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

What to do if you have any Covid symptoms

1. Get a PCR test (test that is sent to a lab) as soon as possible. You can arrange this test here [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus-covid-19)
2. Stay at home and do not have visitors (self-isolate) until you get your test result – only leave your home to have a test.
3. If you need assistance with isolation or want to find out about isolation payments, click here [Apply for a Test and Trace Support Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/apply-for-a-test-and-trace-support-payment)

There are other steps you can take to support your school community:

- Get vaccinated, information on local clinics is available here <https://www.northlincs.gov.uk/people-health-and-care/coronavirus-covid-19/>
- stay at home and getting a PCR test if you develop symptoms
- stay at home for the full 10 days and do not have visitors if you have Covid
- taking an LFT test before you meet other people
- wearing a mask wherever it's crowded

If we all play our part, we can strike the right balance between keeping people safe from Covid and making sure our children have the best school experience possible.

Thank you very much for your support, and I wish you a healthy and happy Christmas.



Kind regards

Tessa Lindfield MSc FFPH
Director of Public Health