



## **Living with Covid – Information for parents**

Due to high immunity in society, a greater understanding of the virus and improved access to treatments, we can now focus on how we live with COVID-19.

From 1 April, routine covid testing is no longer expected in all education and children's social care settings.

Following expert advice, we know that Covid presents a low risk of serious illness to most children and young people, and most of those who are fully vaccinated.

However, Covid is still circulating in the community and can be harmful to some vulnerable people.

If you or a family member has tested positive for Covid you are advised to stay at home and avoid contact with other people for five days, which is when you are most infectious. For children and young people aged 18 and under, the advice is to stay home for three days.

### **General advice around respiratory conditions**

Children and young people who are unwell and have a high temperature should stay at home and where possible avoid contact with other people. They can go back to education or childcare setting when they no longer have a high temperature and they are well enough.

### **What are schools doing?**

All schools should have in place infection prevention and control measures that will help to manage the spread of infection, including:

- Ensuring all eligible groups are enabled and supported to take up the offer of national vaccination programmes including COVID-19 and flu.
- Ensuring occupied spaces are well-ventilated and let fresh air in.
- Reinforcing good hygiene practices such as hand washing and cleaning.



### What can you do to reduce the risk of catching and passing on COVID-19:

- Get vaccinated
- Let fresh air in if meeting indoors, or meeting outside
- Trying to stay at home if you are unwell
- Washing your hands and following advice to 'Catch it, Bin it, Kill it'.

### Vaccination

We continue to encourage young people to get vaccinated. If your child has not been vaccinated, you can **read more about the vaccine programme** [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/)

**12 to 15 year olds will still be able to access the vaccine outside of schools at a vaccination centre, pharmacy or walk-in centre.**

**5-11 year olds are now being offered the COVID-19 vaccine in pharmacies, GPs and community sites.** Parents of 5–11-year-olds should have received a letter from the NHS with further information.

Parents can book a Covid-19 vaccination online at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or call 119.

Alternatively, you can find out about walk-in community sites at <https://www.hounslow.gov.uk/homepage/223/vaccination-centres-in-hounslow>