

To all Parents and Carers

Our ref:

Your ref:

Date: 11<sup>th</sup> March 22

Email: [krisnharamkhelawon@southend.gov.uk](mailto:krisnharamkhelawon@southend.gov.uk)

Dear Parent or Carer,

As you no doubt already know the Government has changed the rules around Covid-19. Legally, you no longer must isolate if you test positive for Covid-19, it is health advice and the focus has switched to encouraging people to make sensible decisions to reduce the risk of others catching it, particularly vulnerable people. Please read the following for advice on what to do if you test positive or are a contact: [COVID-19: people with COVID-19 and their contacts - GOV.UK](https://www.gov.uk/government/news/covid-19-people-with-covid-19-and-their-contacts) ([www.gov.uk](http://www.gov.uk))

The main symptoms of COVID-19 are any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If your child has any of these symptoms please keep them at home and [order a PCR test](#). Anyone with symptoms is advised to stay at home and avoid contact with other people while they are waiting for the test result. You should also follow this advice if you have a positive LFD test result, even if you do not have any symptoms.

Children and young people who live with someone who has COVID-19 should notify their education or childcare setting of this. The setting will advise if they can continue to attend their education or childcare setting as normal.

Since 21 February, staff and pupils in mainstream secondary schools have not had to test regularly for Covid-19. Schools will no longer have to report every case to us and headteachers only seek guidance from the Director of Public Health when one of the following happens:

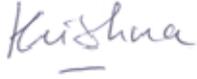
- There is a hospital admission for Covid-19
- There is a more complex or unusual outbreak than the school has previously dealt with
- The schools would like to bring in special measures to deal with an outbreak eg. Face coverings, bubbles, closing the school/certain year groups

In special circumstances the school may be advised by the Covid Support Team under the Director of Public Health to undertake testing for staff and students for a period of time. Staff and pupils in specialist SEND (special educational needs and disabilities) settings, alternative provision, and SEND units in mainstream schools, are advised to continue regular twice weekly testing.

The Southend-on-Sea Public Health Team will carry on monitoring overall case numbers and variants, contain outbreaks in high risk settings, and support vaccination uptake across the city. We will still be there to support parents, carers and schools if and when required.

I would like to thank you all for your support and cooperation throughout the pandemic so far and wish you stay healthy and well.

Yours faithfully,

A handwritten signature in blue ink that reads "Krishna". The letter 'K' is large and stylized, and the rest of the name is written in a cursive script.

Krishna Ramkhelawon  
Director of Public Health