



**14<sup>th</sup> July 2021**

Dear Parents and Carers,

We want to thank you for all your support over the last year in helping in the fight against COVID-19. We are hugely proud of all of you for working with us through what has been a challenging time for everyone. We know it has been a particularly difficult time for those that have experienced personal losses.

The Government have recently outlined their plan for the roadmap out of lockdown, with many control measures no longer being a legal requirement from 19 July. Locally, due to rapidly rising cases and hospital admissions from COVID-19 we are making strong recommendations to support national requirements. By working together we can keep everyone safe by reducing the virus spread.

Everyone, of any age, who tests positive for COVID using a PCR test is still legally required to isolate for 10 days, along with their household contacts. Over the summer, NHS Track and Trace may identify others that need to isolate. To reduce your risk of becoming infected or needing to isolate because you're identified as a close or direct contact we urge caution and strongly recommending the following:

### **Face coverings and social distancing**

We strongly recommend that people continue to socially distance. Nationally, it is also expected that people continue wearing face coverings in crowded indoor areas where social distancing cannot be followed, such as supermarkets and on public transport, in health and social care settings, such as hospitals, care homes and GP surgeries, and where it would make others feel more comfortable.

### **Testing**

Keep getting tested – We strongly recommend everyone should undertake twice weekly rapid symptom free testing using Lateral Flow Tests (LFT). If people experience general symptoms such as a headache, a stuffed or runny nose, tiredness or weakness, aches and pains, sore throat or diarrhoea, they should take an LFT and follow up with a PCR test if the LFT test is positive.

If people have any of the main symptoms of COVID-19 such as a high temperature, a new continuous cough or loss or change to their sense of smell or taste they must stay at home

and book a PCR test. Around 1 in 3 people with COVID-19 don't have symptoms but can still infect others - so getting tested regularly will help slow the spread.

**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/communities-and-safety/emergency-planning/coronavirus/how-to-get-tested/symptom-free-testing/>

or order test kits: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

## **Handwashing and hygiene**

It is essential that you maintain handwashing and hygiene to reduce your risk of becoming infected with COVID-19 and other illnesses.

We strongly recommend you:

- 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, and then,
- put used tissues in the bin immediately and wash your hands afterwards

## **Vaccinations**

Look after each other by making sure you and your loved ones have their COVID jabs! We strongly urging everybody eligible for the vaccine in Liverpool who has not had their vaccine yet to book ASAP at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or phone 119 free of charge.

**The evidence shows that being doubled jabbed will reduce the risk of becoming severely ill or dying from COVID** but you can still become ill with the virus. Even if you are fully vaccinated you should still adhere to national and local guidance and recommendations.

Now more than ever it is important we all look after our mental health. We have also included some links on the following page about parenting and wellbeing which you may find useful. Support is out there – please get help if you or someone you know needs support.

Please stay safe and once again thank you for your continued support and enjoy your summer!

Yours faithfully

*Matt Ashton*

Director of Public Health, Liverpool

*Steve Reddy*

Director of Children's Services, Liverpool

## **General Covid-19 advice**

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.

## **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**

### **Mental wellbeing**

Parents - don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults: [qwell.io](https://qwell.io)

The **CAMHS Crisis Care Team** provides support, advice and guidance to children, families and carers in crisis **Telephone: 0151 293 3577 or freephone 0800 196 3550**

**Talk Liverpool** have an urgent 24/7 mental health access line available during the current pandemic Telephone **0151 296 7200 or the freephone number 0800 145 6570**

**The Samaritans** provide a listening service available to all Liverpool parents: **Tel: 116 123** free phone line available 24/7

Further local and national information about health and wellbeing: [www.liveyourlifewell.info](https://www.liveyourlifewell.info)