

PFO/BDA

4<sup>th</sup> April 2022

Dear Parents/Carers,

### **Changes to Covid Measures from 1<sup>st</sup> April 2022**

I am writing to you with regard to the changes to the COVID-19 guidance that came into force on Friday 1<sup>st</sup> April 2022.

The headlines of this information are:

- Free COVID-19 tests are no longer available, other than for specific groups including NHS staff and eligible patients.
- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should 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.
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for five days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be three days.

The Government have produced [this](#) guidance for people with symptoms of a respiratory infection including COVID-19. This section is particularly helpful:

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***When children and young people with symptoms should stay at home and when they can return to education***

*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 can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.*

Also, they have produced [this](#) guidance for living safely with respiratory infections, including COVID-19.

We at school will continue with lots of the measures that we have had in place in our COVID-19 risk assessment, such as encouraging good hand hygiene, dealing hygienically with coughs and sneezes and keeping spaces well ventilated. We will continue to work closely with the local and national public health bodies.

As usual, please do not hesitate to contact us if you have any questions or queries. Contact us on 0191 236 1700 or [admin@northgosforth.co.uk](mailto:admin@northgosforth.co.uk) for support.

Yours faithfully,



Pete Fox  
Principal