



Venerable Bede Church of England Academy

Dayspring Trust



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Dear Parents/Carers

Please find attached leaflet on behalf of Public Health Sunderland.

Kind regards
School Office



Covid-19 is still circulating in our community

Please help to protect yourself and others by following these steps. This is important even if you have been vaccinated as you could still carry and pass on the virus.

Hands, face, space and fresh air	Get tested and stay at home
<ul style="list-style-type: none"> • Wash hands regularly • Wear a face covering when required • Stay 2 metres apart from those you don't live with • Limit the amount of people you meet with and stay outdoors if you can • If you do meet others indoors, keep to the rule of 6 or a maximum of two households and let fresh air circulate by opening windows and doors. 	<ul style="list-style-type: none"> • If you have any symptoms of Covid, no matter how mild, you should self-isolate immediately and book a PCR test at www.nhs.uk/coronavirus or by calling 119 • If you're doing regular testing at home, and you get a positive result you must get it confirmed by taking a PCR test within 2 days. Book a PCR test at www.nhs.uk/coronavirus or by calling 119 • You and everyone you live with must stay at home until you get your results and you will be advised what to do next • You and your family can test regularly at home even if you don't have symptoms. This helps find people who are carrying and spreading the virus without knowing it. You can find out more at www.sunderland.gov.uk/testing
Get vaccinated when it's your turn	Symptoms of Covid
<ul style="list-style-type: none"> • Vaccine is our best protection against the virus • Get yours when it's your turn • We get the most protection from both doses so make sure you get your second vaccine • If you haven't had the vaccine and are eligible you can still get it. Call your GP to arrange an appointment. 	<p>If you have any of these symptoms you must self-isolate immediately and book a test. Everyone you live with must also stay at home.</p> <ul style="list-style-type: none"> • a high temperature, • a new continuous cough • a loss or change in your sense of taste or smell • Visit www.nhs.uk/coronavirus or call 119 to book a test.

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What is self-isolation?	What you need to do if you are self-isolating
<p>Self-isolating, protects your community and those most vulnerable by slowing the spread of COVID-19.</p> <p>You must not leave your home if you are self-isolating. This is because you have or might have coronavirus (COVID-19).</p> <p>You will need to isolate if:</p> <ul style="list-style-type: none"> • You have any symptoms of Covid even if they are mild • You have tested positive for COVID-19 • You have been identified as a close contact of someone who has tested positive for COVID-19 • Someone in your household has tested positive for COVID-19. 	<ul style="list-style-type: none"> • You need to stay at home for at least 10 days – the exact length of time will depend on your situation • You cannot leave your home for any reason • You cannot have visitors • Try to avoid spreading the virus to anyone you live with by limiting contact, ventilating rooms and using separate bathrooms, towels and cutlery if possible • Essential care can continue in line with guidance • If you need urgent medical attention, you should inform the call handler that your household is isolating.

Make sure you are ready to isolate if you need to

It's important to have a self-isolation plan ready in case you cannot leave your home for 10 days or more.

- Make sure you have essential shopping and medicines items at home
- Make a list of who could help you get more if you need them
- Think about how you would top up utility metres
- If you have a dog, think about how you would exercise it if you couldn't leave your home

If friends or family are helping you, make sure they drop items outside for you to collect.

Self-isolating isn't easy and there is support available if you need it.

You may also be entitled to a one-off payment of £500 if you are required to stay at home and self-isolate.

Find out more at www.sunderland.gov.uk/coronavirus or call **0800 234 6084**