## Template letter to wider community

Date: DD/MM/YYYY

Dear Parent or Carer,

We have been advised that there is a confirmed case of COVID-19 within our setting.

I would like to take time to reassure you that we have taken all necessary actions since hearing this information to keep all children at our school as safe as possible.

Currently, the most common strain of virus in the UK is called the Delta variant and we have seen a steep rise in COVID-19 cases recently. Evidence suggests the Delta variant spreads more easily than previous strains. It is important that we are vigilant and follow public health messages to stop the spread of the virus

**How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

* **Continue wearing face coverings** in crowded indoor areas where social distancing cannot be followed, such as shops, supermarkets and on public transport, as well as health and social care settings, such as hospitals, care homes and GP surgeries, in faith settings, such as churches, synagogues and mosques, and where it would make you or others feel more comfortable.
* **Keep getting tested** – Everyone should undertake twice weekly rapid symptom free testing using Lateral Flow Tests (LFT). If people experience generally associated 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.
* **If eligible, get fully vaccinated** – it’s shown to be safe and effective against the virus, including new variants and is the best way to keep yourself from getting seriously ill. It also reduces your risk of passing the virus on to someone else.

**Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Symptoms of COVID 19**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

* new continuous cough and/or
* high temperature and/or
* a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>or by phoning 119.

Yours sincerely,

Xxxxxxxxxxx

**Mental Wellbeing and Parenting**

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

**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**](http://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**

The **CAMHS Crisis Care Team** provides support, advice and guidance to children, families and carers in crisis **Telephone: 0151 293 3577 or freephone 0808 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](http://www.liveyourlifewell.info)