

April 2022

Dear Parent / Carer,

We would like to inform you there has been a case of COVID-19 in your child's school.

The following advice may help lower the risk of your child catching or passing on coronavirus. This is especially important as we have seen an increase in reinfections and current evidence suggests you can catch COVID-19 more than once.

- Please look out for symptoms including shortness of breath, unexplained tiredness, lack of energy, muscle aches or pains that are not due to exercise, not wanting to eat, headache, sore throat, stuffy or runny nose, diarrhoea, feeling or being sick, a continuous cough, high temperature, fever or chills, and loss or change in their sense of taste or smell.
- Children and young people with symptoms and a high temperature, should stay at home and avoid contact with other people. They can return to school and their normal activities when they no longer have a high temperature, and they feel well enough to attend.
- Children and young people with a high temperature should remain at home until their temperature has returned to normal. If medicine is needed to control your child's temperature, please consider them too unwell to attend school and continue to keep them at home. If you are worried about any symptoms, please call 111 or visit 111.nhs.uk
- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, can continue to attend school if they are otherwise well.
- People with symptoms are advised to take extra care for 10 days and avoid those who may be at higher risk from COVID-19 and similar infections. You should avoid direct contact with older people, people who are pregnant, people who are unvaccinated, people with a long-term health condition or an immune condition that increases their risk of illness.
- Regular hand washing and covering coughs or sneezes can help lower the risk of spreading common viruses. [GermDefence](#) is a website that can help you identify simple ways to protect yourself and others at home. Please visit www.germdefence.org for details
- Vaccination is the single best way to protect people from becoming seriously ill with COVID-19. Please visit www.walthamforest.gov.uk/covid-19/covid-19-vaccinations to book a first, second or booster dose of the vaccine for anyone aged 5 years or older.

Thank you for your continued support to keep our community safe and well.

Best wishes

Public Health Team
Waltham Forest

For further information on COVID-19, please visit:
www.walthamforest.gov.uk/covid-19
www.nhs.uk/conditions/coronavirus-covid-19/