



Office of the Director of Public Health

Customer and Corporate Services Directorate  
Public Health  
West Offices  
Station Rise  
York YO1 6GA

Date: 29 June 2021

Dear parent/carer,

**Subject: Keeping cases down in York schools**

As we near the end of the most challenging academic year imaginable we wanted to say a huge thank you for your continued support.

You have home-schooled, self-isolated when asked and carried out regular tests to help keep your school community and the wider city safe.

As you will be aware the new Delta variant is spreading across the country and is here in York. It is more transmissible than we have seen before and we are seeing a rise in cases, particularly among those groups who are unvaccinated.

With a matter of weeks to go before the summer holidays we need your help to keep cases down.

Given this variant spreads more easily and secondary schools up and down the country have been impacted we are putting in place extra precautions, including asking pupils to wear face coverings in communal spaces or where social distancing can't be maintained, to keep pupils and staff safe and also to reduce the numbers needing to self-isolate when a test is positive.

**What we are doing**

- Keeping bubble sizes as small as possible – this puts a limit on the numbers needing to self-isolate
- Limiting contacts between groups and limiting movement between different areas of the school
- Making sure classrooms are well ventilated

## How you can help

Later in this letter we have put some information as a reminder of the symptoms of COVID-19 to keep an eye out for. There are other ways you can help too:

- Get tested regularly, anyone over the age of 11 can get a symptom-free test and report your results, even if it is negative.
- When seeing friends and family enjoy yourselves but remember Hands, Face, Space and Fresh air
- We are asking pupils to use face coverings in communal areas and where social distancing can't be maintained
- Parents and carers please get the vaccine if you haven't already. All adults are now eligible for these vaccines, which are safe and highly effective. Find out more and book an appointment at [www.nhs.uk/Covidvaccine](http://www.nhs.uk/Covidvaccine)

With the vaccine roll out continuing at great speed and proving to be effective against all known doses with that important second dose, better times are ahead.

## The symptoms of Coronavirus

### Symptoms to look out for

The main symptoms of coronavirus in children are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

### What to do if your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible ([www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) )
2. You, your child and anyone else you live with should stay at home and not have visitors until you get the test result – only leave your home to have the test

3. If they test positive you and anyone else you live with must stay at home for 10 days

Anyone in your support bubble should also stay at home if your child has been in close contact with them since their symptoms started or during the 48 hours before they started.

### **Other symptoms**

There have been a number of other symptoms widely reported for children who have tested positive for COVID-19, especially with the Delta variant. These include:

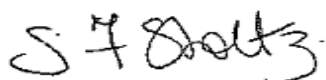
- nasal congestion or runny nose
- sore throat
- diarrhoea and vomiting
- stomach pain
- headache
- muscle ache (myalgia).

While it does seem like children can get a wider range of coronavirus symptoms than adults, these symptoms may also be a sign of another infection or illness entirely. It is important not to miss the signs of another serious illness.

The enclosed poster should help you to assess what medical help your child needs. Please remember that if your child is showing any signs of illness, it's important not to send them to their usual childcare provider, such as a nursery or childminder, or to school.

You can also use NHS 111 online (<https://111.nhs.uk/>).

As ever, thanks for your continued support



**Sharon Stoltz**

**Director of Public Health  
City of York Council**



**Amanda Hatton**

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