

To:
Parents/Carers of Secondary School
Children and Young People

Date: 26 November 2021
Email: educationandskills@brighton-hove.gov.uk

Dear Parents and Carers,

We are writing to you with important information about what you can do to help keep COVID cases down and reduce the spread of COVID.

We continue to have high rates of COVID locally and nationally, particularly in school age children. As we approach the Christmas break, we need to work together to keep our families and communities safe.

Here are 4 things you and your family can do to help:

1. Get your COVID vaccines, your booster, and your flu jab when you're offered it
2. Keep testing for COVID
3. Wear a face-covering in crowded spaces including on buses and trains
4. Open windows when you are indoors with people you don't live with.

1. Get your COVID vaccines, your booster, and your flu jab when you're offered it.
COVID and flu vaccines are safe to be given together. Please get both vaccinations as soon as possible.

COVID vaccinations for children and young people between 12 and 15 yrs

Every secondary school in the city has been visited at least once for COVID vaccinations. If your child missed their school COVID vaccination, there are still opportunities for them to get vaccinated

- If you haven't yet indicated your consent for your child to be vaccinated or not, please do so. If you say yes, you will receive up to date information about where your child can get vaccinated
- If you have said no and change your mind, please contact the team at any point.

You will have received a letter from the immunisations team if your child was not vaccinated at school, with details of how to book a vaccination at one of the team's catch up clinics.

- If you haven't received the letter or for more information please contact SC-TR.covidimms4schools@nhs.net or call 01293 227797.

Every child aged 2-16 yrs is eligible for a flu vaccination as a nasal spray

- The vaccination team has started visiting schools to offer the flu vaccination. Please give consent when your school emails you. If your child misses the school visit, contact the immunisation team on SC-TR.covidimms4schools@nhs.net or call 01293 227797.
- Via your pharmacy or GP [See who's eligible and how to book.](#)

For the rest of your family

- COVID boosters are available for people aged 40yrs and over, health & social care workers and those with underlying health conditions, where it's been 182 days (6 months and 1 week) since your 2nd jab.
- Young people aged 16 and 17yrs who are not vaccinated can still get a COVID vaccination [Walk-in vaccination sessions are available](#) or you can also [book an appointment in advance.](#)
- Second doses increase your protection.
 - People aged 16 and 17 are now eligible for a 2nd dose at least 12 weeks after your 1st.
 - People aged 18 or over (or turning 18 within 3 months) are eligible for a 2nd dose 8 weeks after your 1st.
- Flu vaccines are also free for many people. [See who's eligible and how to book.](#)

2. Keep testing for COVID

Keep using rapid lateral flow tests

Adults in households, and children and young people aged 11yrs and over, should continue to take lateral flow tests.

- Your child will be able to collect home test kits from secondary school.
Please ask your child if they received a kit, help them to take the test and report their result.

Secondary school aged children and young people should be testing twice a week.

Please take a lateral flow test,

- If you are mixing with people you don't live with
- if you expect that there will be a period of high risk in your day, for example spending time in crowded and enclosed spaces
- if you are visiting those at greater risk of serious illness if they get Covid.
- For information about how to order free test packs online or from your pharmacy for adults in your household visit www.nhs.uk/rapid-test.
- You can also pick up packs from Jubilee Library or Hove Town Hall.

Getting a PCR test

Get a PCR test if you have any symptoms, however mild, or if you test positive from a lateral flow test.

- If in doubt, [get tested](#) then stay at home and isolate for 10 days if you test positive. If you have any symptoms, it's important that you get a PCR test and don't use the LFD home test kits.

Get a PCR if you are a close contact of someone who's tested positive

- If you are a close contact, get tested. If you are under 18 years and 6 months or fully vaccinated, you do not need to self-isolate.

3. Wear a face covering in crowded or enclosed places

- It's not just about protecting yourself, it can also help others stay safe.
- The most effective face coverings are made from 2-3 layers of high-quality materials, are clean and fit tightly over nose and mouth.
- Wear a face-covering:
 - when travelling on buses and trains
 - in crowded shops.

4. Open windows when you are indoors with people you don't live with

In enclosed spaces, COVID hangs in the air like smoke so,

- open windows to clear it away
- as the weather gets colder, it can be more difficult to keep windows open
- aim to keep windows open (or ajar) for 10 minutes in every hour; it makes a big difference
- where possible, meet outside.

Thank you to you and your families for your support and understanding at what we know is still a challenging time.

Yours sincerely,



Deb Austin
Executive Director,
Families, Children & Learning.



Alistair Hill
Director of Public Health