

Dear Parents and Carers,

Please see below information from the Local Authority for ways in which you can support our school community.

### **How you can help**

- As a household, take part in Rapid Flow testing - please see attached poster. Remember this test is only designed to identify cases where there are **no symptoms**. If you have any Covid symptoms, please take book a test or order a home testing kit via [Get a free NHS test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-nhs-test-to-check-if-you-have-coronavirus) or call 119.
- If someone in your household has classic Covid symptoms (high temperature, continuous cough, loss of taste or smell), and is waiting to be tested or for test results, **all household members must self-isolate until the results are known**. Do not send children into school or go into work yourself until the test result is known. If the result is positive, all household members must self-isolate for 10 days.
- If someone in your household has non-classic Covid symptoms, you are now able to book a COVID-19 test. In Salford we still want to rule out the possibility of COVID-19 and encourage people to get tested. This is because we can find people who are unwell with the virus even before they develop any of the three classical symptoms.

Non-classical symptoms include:

- Vomiting/nausea/off your food
- Diarrhoea
- Sleeping more than usual/extreme tiredness
- Listless/restless/agitated
- Shortness of breath
- Feeling cold
- Headache
- Severe body aches
- Sore throat
- Congested or runny nose
- Skin rash
- Complaining of anything that is not feeling themselves

Please note: anyone who is unwell with any of these 'non-classical' symptoms are **not expected to isolate immediately** but are strongly advised to go for a test to rule out COVID-19. Go to [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) and, when prompted, click the box that says "My local council has asked me to get a test, even though I do not have symptoms".

- **If you are a contact of someone who has tested positive for Covid, you have to self-isolate for 10 days from the last contact with the case.** It does not matter whether you have a test and you are negative, you must still self-isolate. If your child has been sent home from school as a contact, they must not leave the house or garden or see friends during this period. This will stop other people getting the infection if you or your child are developing the infection.
- **Reduce mixing of different households or families outside of the home too.** The weather is improving and we are all feeling excited by the lifting of lockdown rules, however remember to meet friends and family you don't live with outdoors, following the rule of 6.
- Remember to wear face coverings, keep two metres apart from people not in your household and wash your hands regularly – all these actions reduce the spread of the infection.
- If you are a Salford resident aged 40 or over or if you are aged 16-65 in an at risk group, you should now have received your invite for your Covid 19 vaccination. Please come forward and book your appointment at [www.salford.nhsvaccinations.co.uk](http://www.salford.nhsvaccinations.co.uk) or call [0800 9530116](tel:08009530116). If you are an unpaid carer you may also be eligible for the vaccine <https://www.salfordcvs.co.uk/coronavirus-vaccine-unpaid-carers> has more information.

We all know that ensuring our children get the education they deserve is important for their health and wellbeing, as well as their futures. We also need to protect our vulnerable families and friends.

There is no one way to prevent the spread of the infection. We all have to play our part and we are asking for your support so that we can together stop the spread of Covid, keep our children and families safe and keep our schools open to improve the lives of our children.

# COVID-19 tests for people with no symptoms

**1 in 3** people with COVID-19 have no symptoms and can pass on the virus without knowing.

That's why we're giving out lateral flow tests to do at home, twice a week. These tests can find positive cases of COVID-19 so people can self-isolate and not spread the virus any further.

The tests are quick and easy to do and you'll get your result in **30 minutes**.



## How do I get more tests?

You can get more test kits free of charge from any pharmacy, Worsley Leisure Centre, Walkden Gateway library or order online at [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests). (Please note, they are not suitable for children aged under 11).



If you, or someone you live with, feels unwell, book a PCR test instead by calling **119**, or via [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)



Find more information about testing at [www.salford.gov.uk/gettested](http://www.salford.gov.uk/gettested)