



16<sup>th</sup> December 2021

Dear Parent / Carer,

We are writing to you again to thank you for supporting our joint effort against Covid-19 and to wish you and your family an enjoyable festive break.

Schools have faced many challenges to support children and families. They have worked tirelessly to keep children safe whilst continuing to provide quality education and we applaud their effort and dedication. Whilst this response may vary slightly from school to school, they are all working together for the benefit of the children in the city.

The emergence of the Omicron variant has given us a new challenge to keep our city residents safe. The Omicron variant is increasing at a fast rate and will likely become the dominant variant by the end of December. Therefore, we are setting out the steps we all need to take to help reduce the spread and keep ourselves and our loved ones safe over the holiday period.

### **Testing**

Over the holiday period, we are asking all those over 11 years of age continue to test regularly. Lateral flow kits are available [online](#) or they can be picked up from [chemists](#) across the city. As well as testing twice weekly and before going to big social gatherings through the holidays - please do test at home before returning in January. Secondary aged pupils will also be provided with an onsite test when they return in January 2022.

### **Vaccinations**

Please get vaccinated or boosted as soon as possible if you haven't already done so to keep yourself and your loved ones safe. Eligible residents are able to book their vaccine [online](#) or attend one of our [drop in](#) centres. Being fully vaccinated, including the booster dose when eligible, is the best way of protecting yourself and others from symptomatic illness as a result of the Omicron variant.

### **Contacts of people with confirmed Covid-19**

From 14<sup>th</sup> December there has been a change in government guidance around contacts of a confirmed case of Covid-19. Any double vaccinated adult or children between the age 5 years and 18 years and 6 months who are contacts of a confirmed case are strongly advised to take an LFD test every day for 7 days.

If you take an LFD test and the result is positive, you should immediately self-isolate to prevent you from passing the infection on to other people. You should [arrange to have a PCR test](#). If this PCR test result is positive, you must self-isolate for 10 full days starting from the date the PCR test was taken. If this PCR test result is negative, you can stop self-isolating but you should continue to take your daily LFD tests.

If you are a contact of a confirmed case, it is also strongly recommended you minimise your contact with anybody who may be classed as vulnerable, to minimise the risk of further spread of covid19.

Individuals who are not double vaccinated are still required to self-isolate as per government guidance [here](#).

We thank you again for your continued support and wish you all an enjoyable and safe Christmas.

Yours Sincerely

**Matt Ashton**

Director of Public Health

**Steve Reddy**

Director of Children's Services

#### **Key actions people can take to keep themselves and their communities safe**

- Get vaccinated
- Get your booster when it's your turn <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-booster-vaccine/>
- Continue to test regularly – with lateral flow tests
- Wear face coverings in communal areas and when advised / appropriate to do so
- Wear face coverings on public and school transport
- Maximise ventilation
- Maintain good hygiene – wash hands with soap and water or use hand sanitiser
- Self-isolate if not well with Covid-19 symptoms, and get PCR test asap
- Self-isolate if asked by NHS Test and Trace

#### **Mental Health and Wellbeing**

Parents and carers - don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults: [qwell.io](https://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](https://www.liveyourlifewell.info)