

To:  
Parents/Carers of Primary School  
Children

Date: 26 November 2021  
Email: [educationandskills@brighton-hove.gov.uk](mailto: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.

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 at [SC-TR.covidimms4schools@nhs.net](mailto: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 the 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.
- Flu vaccines are free for many people. [See who's eligible and how to book.](#)
- 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.](#)

## 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.

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](http://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 if you are aged 11 or over and not exempt.

- 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