

23 November 2021

To: Parents of children in Hammersmith and Fulham schools (primary and secondary)

Dear parents,

Preventing Covid outbreaks in Hammersmith and Fulham schools

In the last week, the highest case rates in the borough have been in children aged 5 to 10 years, and there are eleven (11) schools with active outbreaks. With every new case in the borough, there is a chance for the virus to change (mutate). If the virus changes, the danger is that a new mutation of the virus may escape the vaccine, so we need to keep case numbers low.

The things we have in our toolbox to fight the virus are still the same:

- If your child has **Covid symptoms**, keep them off school and get a **PCR test** (not a lateral flow test). In addition to the usual COVID symptoms listed on the NHS website, the virus can also present as “cold like” symptoms including sore throat, headache, blocked/ runny nose. If you or your child has any of these symptoms, don't guess and get a PCR test. Please stay away from school until receiving a negative PCR result.
- If you and your children *don't* have Covid symptoms, use **lateral flow tests** to test everyone in the family, ideally on Sundays before the school week starts. It's easy to order the kits to come to your house. If we find Covid cases and isolate them, there's less chance for the virus to spread [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/order-coronavirus-covid-19-rapid-lateral-flow-tests);
- If you are eligible for a **Covid vaccination or booster**, you can have it at your GP or local pharmacy [Covid-19 vaccine | LBHF](#)
- If you're finding it hard to isolate for financial reasons – ring our friendly **H&F Community Aid Network Team at 0800 145 6095**, they can help you get the social isolation payments you are entitled to.

Yours sincerely



Dr Nicola Lang MA MBBS MSc FFPH
Director of Public Health