



School staff leaflet: New Covid variant ‘Omicron’ - how do I stay safe?

You’ll have heard that there’s a new very fast spreading Covid variant around, called ‘Omicron’. Lots of people are getting infected, with cases doubling every two to three days. High levels of infection in the community will mean more people needing to self-isolate, which could impact on the way schools operate next term. The things we have in our toolbox to reduce transmission are still the same. Please help us in this fight against the virus:

What can I do?	Why this is important
<p>Wear a face covering in school</p> 	<p>Wearing a face covering reduces the risk of you breathing out the virus if you’re infected, so this protects other people</p>
<p>If you have Covid symptoms, stay away from school and get a PCR test (not a lateral flow test). In addition to the usual COVID symptoms listed on the NHS website, you may have:</p> 	<p>Testing with a PCR if you have symptoms helps find cases early and isolate them.</p> <p>If you have any of these symptoms, don’t guess - get a PCR test!</p> <p>Please stay away from school until receiving a negative PCR result.</p>

Test yourselves regularly if you don't have symptoms. Use **lateral flow tests** to test yourself on Sunday evening, before the school week starts and also Tuesday and Thursday evenings too.



You can be infected with the virus without showing any symptoms but can still spread it to other people. If you test yourself this stops you bringing infection into school, and means fewer people are likely to get infected. If everyone does the same, it can stop us catching Covid.

It's easy to order the kits to come to your house. Order coronavirus (COVID-19) rapid lateral flow tests - GOV.UK (www.gov.uk);

Take up the vaccine



If you are eligible for a **Covid jab or booster**, you can have it at your GP or local pharmacy [Covid-19 vaccine | LBHF](#).

Moving to virtual



Review your meetings and gatherings for next term- hold assemblies, staff meetings and parent evenings virtually to protect yourselves