
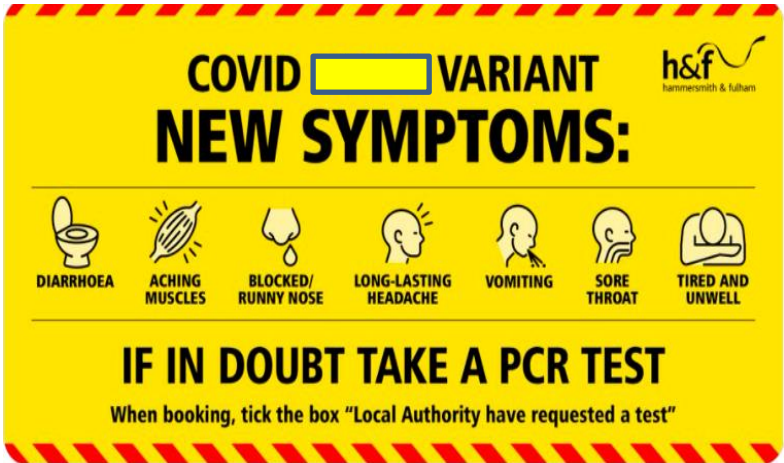


Parent leaflet: New Covid variant ‘Omicron’ - how do I stay safe?

Omicron is now the dominant strain of Coronavirus. Lots of people are getting infected in London. High levels of infection spreading in the community will mean more people needing to self-isolate, which could impact on the way schools operate this term. In response to this, the Department for Education have issued new guidelines to try to reduce the risk of the infection spreading in schools.

| 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. This is now a requirement in classrooms and communal areas in Secondary schools, for both students and staff.</p> |
| <p>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, you may have:</p>  | <p>Testing with a PCR if you or your children have symptoms helps find cases early and isolate them.</p> <p>If you or your child has 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 everyone in the family on Sunday evening, before the school week starts and also on Wednesday evenings too. Anyone aged 5 years and over can do regular Lateral Flow Tests.



You can be infected with the virus without showing any symptoms but can still spread it to other people. If you test yourself and your child regularly - this stops them bringing infection into school, and means fewer children are likely to get infected. If other parents do the same, it can stop your children catching Covid. It's easy to order the kits to come to your house.

[Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Take up the vaccine



Vaccinating children aged 12 and over means they are protected from getting seriously ill with Covid.

Parents - Did you know the **Covid boosters give you 88% protection** against ending up in hospital? Two covid vaccinations aren't enough to protect you from Covid Omicron, so get boosted!

You (parents) can have your Covid jabs (including boosters) at your GP or local pharmacy [Covid-19 vaccine | LBHF.](#)

Help with isolation



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.