

DIOCESE OF NORTHAMPTON
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19 November 2021

Information for Parents

COVID-19 Testing

Twice weekly testing using Lateral Flow Devices (LFDs) remains recommended for the families of school-aged children. These are available for free, see this link to order:

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

This helps to identify if you or your child is infected so that others in the school and wider community can be protected. Please note that this type of testing is only for people without symptoms of COVID-19 and if you test positive, you need to self-isolate and arrange for a free confirmatory PCR test via this link:

[Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus)

COVID-19 Vaccination

People aged 16 and over, including adults, can book a vaccination appointment through the National Booking System or attend a walk-in clinic:

- [Book or manage a 1st or 2nd dose of the coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Severe illness and death from COVID-19 infection are more likely with increasing age. Therefore, adults are more vulnerable than children and it is important that you are vaccinated as well as any of your eligible children to protect your and your family's health.

If you are eligible for a COVID-19 booster vaccination (people aged 50 and over, or anyone aged 16 and over with a high-risk health condition) then you can book an appointment to have it [here](#), although please note that it must be at least 6 months since your second dose of the vaccine. This will help to top-up your protection against COVID during the Winter months.

Flu and other winter viruses

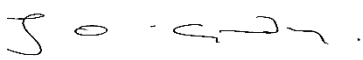
As we move into winter, other viruses may start to spread, causing flu and colds. The symptoms from these infections can be similar to those of COVID-19.

It is important to get a free PCR test for COVID-19 first if you or your child develops any of the [3 key symptoms](#).¹ If this test is negative, it is still important to continue testing twice-weekly using LFDs as you or your child might go on to become infected with COVID-19 later.

People who are eligible, including children aged 2-15 years old and anyone between the ages of 6 months and 50 years old who is clinically vulnerable can have a free NHS flu vaccine this year, which is the best way of protecting ourselves and those around us from seasonal Influenza.

Thank you again for all your hard work. Please don't hesitate to get in touch with the public health and/or school improvement teams if you need any advice or support from us. We will contact you again in mid-November (or sooner if circumstances require it) to provide any updates to this guidance.

Yours sincerely,



Dr Jane O'Grady
Director of Public Health



Simon James
Director of Education



¹ A new, continuous cough, high fever or a change to/loss of your sense of taste or smell.