



Dear Parents and Carers,

Thank you very much for all the work you are doing to help keep your school and the local community safe.

On Wednesday 16th December London is moving from COVID-19 tier 2 into [tier 3](#) (very high alert). This is because we have seen rapidly increasing numbers of COVID cases across London, including in Lambeth. We are also seeing rising hospital admissions which will soon put additional pressure on the already overstretched NHS. It is very important that we all follow these restrictions to keep each other safe.

As part of this, we are now able to offer COVID-19 tests for all families at secondary schools in Lambeth. This means that **any pupil of a Lambeth secondary school, and their wider household, can now arrange for a COVID-19 test whether they have COVID symptoms or not.**

To take up one of these tests, please go to the usual portal: <http://www.nhs.uk/coronavirus> or call 119. You will be presented with an option to select:

'My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms'

Selecting this will allow you to book a test even if you do not have symptoms.

In addition to getting tested, it is very important that families know what to do if anyone in the household has symptoms of COVID-19.

You can help protect your family and the school community by sticking to the following guidance.

- **If your child or anyone you live with has symptoms of Covid-19 the whole household must immediately self-isolate.** Book a test for the unwell person via <http://www.nhs.uk/coronavirus> or by calling 119.
- While waiting for the result of the test everyone in the household must stay at home.
- If the test on the person with symptoms comes back negative family members can go back to normal activity.
- If anyone in the household tests positive the whole household must self-isolate for 10 days.
- If anyone is asked to self-isolate because they are a contact of a person who has Covid-19 they must stay at home for the full 10 days.

We appreciate this can be very difficult and disruptive to families, but it is essential to reduce the risk of outbreaks of infection in school. Lambeth families experiencing hardship or requiring additional support to self-isolate can contact the local council on 0333 360 3700 or email mycommunity@ageuklambeth.org for advice and support. More details are available at <https://www.lambeth.gov.uk/coronavirus-covid-19/get-support-for-yourself-or-a-vulnerable-person>

Please ensure you are familiar with the national guidance for London in [tier 3](#) which means • **No household mixing is allowed indoors**

- **Only 6 people can meet outdoors in public spaces (not in a private garden)**
- **Use a face covering when indoors or in crowded places**

- Regularly wash or sanitise your hands
- Ensure you maintain 2m social distance where possible.

Thank you again for doing all you can to keep yourselves and each other safe.

Yours faithfully



Ruth Hutt
Director of Public Health
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INVESTOR IN PEOPLE

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