



1st April 2021

Dear Parents and Carers,

Thank you for your continued support in the fight against Coronavirus. From the 29th March we are going to see some further easing of Coronavirus restrictions as part of the gradual roadmap out of lockdown. From the 29th March:

Social contact – Rule of 6 but no mixing of households indoors

It is safer for people to meet outdoors rather than indoors. From 29th March, when schools start to break up for the Easter holidays, outdoor gatherings (including in private gardens) of **either 6 people (the Rule of 6) or 2 households will also be allowed outside. Mixing of households indoors is still not permitted.**

Travel

The 'stay at home' rule will end on 29th March but many restrictions will remain in place. People should continue to work from home where they can and minimise the number of journeys they make where possible, avoiding travel at the busiest times and routes.

Travel abroad will continue to be prohibited, other than for a small number of permitted reasons. Holidays abroad will not be allowed.

Testing

Secondary school pupils should continue to take home tests twice per week. If you're a member of a household, childcare bubble or support bubble of a member of school staff or a pupil you can now access testing twice weekly. Further details can be found here:

<https://bit.ly/3cnmF5X>

Testing is voluntary, but we strongly encourage people to access testing available to them.

It is still important that we continue to keep ourselves and others safe. Please continue to follow all Coronavirus prevention guidelines, maintain social distancing and wear face coverings wherever possible.

For a reminder about Coronavirus symptoms and how to get tested please see supplementary information.

Please stay safe and thank you for your continued support.

Yours Sincerely,

Matt Ashton

Director of Public Health

Steve Reddy

Director of Children's Services



Supplementary Covid Information

If you have any of the main symptoms of coronavirus (COVID-19), get a PCR test as soon as possible. Stay at home until you get the result.

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

People who are sick with coronavirus may have other flu like symptoms such as:

- body aches
- persistent headaches
- sore throat
- tiredness
- shortness of breath
- nausea or
- diarrhoea

If you don't have any of the main symptoms of coronavirus, you don't need to isolate until you get your result, however you do need to continue to take the usual measures to protect yourself and others from illness.

People with symptoms can get a test here:

<https://www.gov.uk/get-coronavirus-test>

People without symptoms can access our community testing sites here:

<https://liverpool.gov.uk/smarttesting>

Understanding Your Child

Free Parenting Guide for people living in Liverpool – free access if you have a purple bin!

Award winning **online courses** about being a parent or carer.

Find out more about:

- How your child develops
- Understanding how your child is feeling
- Different styles of Parenting
- Why is sleep important?
- Communication with your child

These online parenting guides are offered free to parents and carers in Liverpool. Go to

www.inourplace.co.uk Enter the ACCESS CODE: **PURPLE BIN**