

My ref: Parent Letter – April 2022
Date: 22nd April 2022
Contact: Please contact your school
for more information



To Parents/Carers of pupils in
Cambridgeshire and Peterborough
Schools and Colleges

Public Health Directorate
Education Directorate

Dear Parent / Carer,

As we reach the final stages of the pandemic, we wanted to write to outline our position under the new phase of 'Living with Covid-19'. Covid-19 remains a real challenge and it is important we all engage with the new arrangements that are in place.

From the 1st April 2022, Covid-19 will be managed in a similar way to any other respiratory illness. The similarities between the profile of Covid-19 and other respiratory viruses means that individuals will be unable to distinguish one virus from another based on symptoms alone. The NHS have been updated their [COVID-19 symptoms in adults](#) and [symptoms in children](#) guidance.

Children and young people who are unwell with these symptoms and have a high temperature **should stay at home and avoid contact with other people**, where they can. They can go back to school, college or childcare and resume normal activities when they no longer have a high temperature, and they are well enough to attend. Most children who are unwell will recover in a few days with rest and plenty of fluids.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

If you are able to access a Covid-19 test (either left-over free testing kits or test kits purchased from pharmacies), children and young people with a positive test should stay at home and avoid contact with others for 3 days. They can return to education after 3 days provided they have no high temperature and feel well enough to do so.

The general measures to prevent the spread of COVID-19 remain in place and you can help your school reduce the risk of children catching and passing on COVID-19 by:

- Getting vaccinated - Vaccines are the best defence we have against COVID-19 and other respiratory infections such as flu. They provide good protection against hospitalisation and death. You can [book here](#). Since the 1st April, all children above the age of 5 can also access vaccinations through this route. All those who have been previously eligible can also book so you can get the whole family vaccinated at the same time if you missed out earlier.
- Letting fresh air in - Ventilation is most important if someone in your household has COVID-19 or another respiratory virus, to try and stop the virus spreading. Good ventilation has also been linked to health benefits such as better sleep and fewer sick days off from work or school.
- Remembering the basics of good hygiene - Washing your hands and following advice to [Catch it, Bin it, Kill it](#)

- When to consider wearing a face covering or a face mask – Staff, visitors and secondary school pupils may be requested to wear face-coverings in communal areas when Covid-19 infection rates are high. This will be at the discretion of the headteacher.

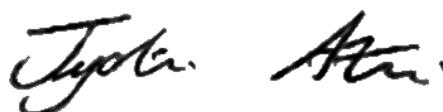
We hope this new phase of Covid-19 means a return to relative normality in schools. Where there are outbreaks, the local authority or individual schools may need to consider further action. Secondary schools will be providing advice on the operation of exams in due course.

Finally, we wish to end by thanking you all for working so well with your schools since March 2020. This has been the most challenging issue our education system has ever dealt with and through the support of parents and the commitment of staff in our schools, Cambridgeshire and Peterborough residents can be incredibly proud of the response of our education system during the pandemic.

Yours sincerely,



Jonathan Lewis
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Cambridgeshire County Council and
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Director of Public Health
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