


 **People Directorate**
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Dear Parent/Guardian,

The past 2 years have been challenging for everyone, however Salford came together to deal with pandemic and we continue to work together as we move forward. We are now 'learning to live with Covid-19' as well as starting to see a resurgence of other common illnesses.

Public Health Salford are closely monitoring the Covid rates in our area and over the past few weeks there has been a sharp rise in cases, to try to help us all to continue moving forward as safely as possible, Public Health are reminding everyone of the importance of these simple yet effective measures, here are some simple steps that we can all take to help reduce the onward transmission of any infectious disease;

Frequent and effective handwashing

Washing your hands for 15-30 seconds with soap and water, helps remove dirt, viruses and bacteria, to stop them infecting you and also preventing you from spreading illnesses to others.

Maintain good ventilation

Ventilation is the process of bringing fresh, outdoor air inside and letting indoor air outside in order to maintain or improve air quality.

Open windows or doors whenever possible, this helps to carry away the infectious droplets that may have been coughed, sneezed or breathed out. If the temperature outside is extremely hot or cold, you can open windows for a few minutes every hour to bring in fresh air.

Making sure yourself and your child are fully vaccinated

Vaccination is the most important thing we can do to protect ourselves, our children and others who are more vulnerable against ill health.

The Covid vaccine and the Flu vaccine are both important because;

- more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic
- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill

- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses, although the vaccine may not stop you getting the virus, it can significantly reduce your chance of hospitalisation.

any child aged 5 and over is eligible for the Covid-19 you can book a covid vaccine online through this link [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk). Some children and those who are most at risk from Flu will be invited for their vaccine by their GP practice &/or their school, please take this opportunity to get your child vaccinated.

Symptoms and confirmed cases of Covid-19

There is no legal requirement to isolate but anyone with symptoms should try and stay at home and away from others to avoid passing on the virus. Any adult with a covid symptoms will be advised to try and stay home and avoid contact with people for 5 days, work from home if they can and feel well enough and wear a mask if you must leave the house, it is especially important that anyone who is un well or confirmed positive for Covid does not mix with people who are vulnerable. For children and young people aged 18 and under, the advice is avoid contact with people for 3 days, they are advised that they should not attend school for 3 days, if they have any of the common symptoms below;

The most common symptoms of coronavirus (COVID-19) are a recent onset of any of the following:

- A new continuous cough
- A high temperature
- A loss of, or change in, your normal sense of taste or smell shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

Additional information can be found at: [Coronavirus \(COVID-19\): guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Thank you for your on going co-operation, Public health will continue to liaise with your child's school over the coming months and we are hopeful that if we all work together we can all have a safe winter.

Yours sincerely,

Beverley Wasp
Head of Health Protection
Public Health
Salford City Council