

## **An important message from Cllr Angela Mason, Cabinet Member for Best Start for Children & Families, and Julie Billett, Director of Public Health for Camden & Islington**

Dear Parents and Carers - Coronavirus cases are rising in Camden, and across London, and the number of new cases in our borough is increasing more rapidly now than in previous weeks. The rise in cases means that it is more important than ever that we all follow the guidelines, including newly introduced Tier 2 restrictions in London, to keep each other safe.

By following this advice consistently, we can all play our part in reducing the spread of coronavirus locally and help to reduce the need for further, more restrictive control measures.

We have been working together, with our schools and nurseries, to ensure we do everything we can to keep children, families and staff safe and supported throughout the pandemic. This is our top priority.

Schools and nurseries in Camden spent the summer holiday putting in place measures to protect children, staff and their families and they continue to keep those plans under close review to help prevent the spread of coronavirus.

Like many other boroughs, we've had a very small number of confirmed coronavirus cases in our Camden schools and nurseries. In each case, the Council, Camden Learning and Public Health work closely with the school or nursery to ensure appropriate action is taken to keep everyone safe. More information about COVID-19 safety measures, including translations, is on our website at [camden.gov.uk/schools-children-and-families](https://camden.gov.uk/schools-children-and-families)

School or nursery is the best place for children and young people to learn, build their confidence and support their wellbeing and development. That's why it's so important that we all work together to make sure we keep schools and nurseries safe. To help protect yourselves, your families and everyone in your community, please remember to:

- **Outdoors: stick with six** – do not meet with more than six people at any time outdoors. When meeting with anyone outside who isn't from your household, stay two metres apart.
- **Indoors** – from Saturday you must only socialise with people you live with or people in your 'support bubble'.
- **Wash your hands regularly** – for 20 seconds, with soap and running water, especially before and after school, before and after eating, and after using a tissue or the toilet.
- Wear a **face covering** in public places, including shops and public transport and when picking up or dropping off your child from school.
- **Create space** – stay two metres apart from people who are not from your household in public places. **Please do not stay and chat at the school gates at drop-off and pick-up times. Remember to keep a safe distance from other people outside your household or your child's bubble group.**

Thank you for playing your part in tackling this virus and keeping you, your friends and your family safe. Please find more useful information and how to find support if you need it over the page.

Yours,

**Julie Billett**, Director of Public Health for Camden & Islington

**Councillor Angela Mason**, Cabinet Member for Best Start for Children & Families

## Check your symptoms

The 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 three 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.

If you or someone in your household start to develop any of these symptoms make sure you self-isolate straight away and book a covid test - either by calling 119 or booking online at:

[www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)

We know it can be hard to get a test - but please keep trying because new appointments and test kits should become available throughout the day.

## Support to self-isolate

If you're worried about self-isolating for whatever reason, get in touch with Camden Council who can help you – call **020 7974 4444 (option 9)**.

## Other sources of support

Find volunteer groups and other services in your local area who can help you cope:

[coronavirus-help.camden.gov.uk](http://coronavirus-help.camden.gov.uk)

## Flu vaccination

Primary school and Year 7 pupils can get the free, annual flu vaccine at school – this is even more important this year. Flu vaccines will be administered through the school.

You can contact the **school nursing team** with any questions or concerns about COVID-19, for example if you are from a Black, Asian or Minority Ethnic group or if there are grandparents or vulnerable family members at home. Email [camdenschoolnurses@nhs.net](mailto:camdenschoolnurses@nhs.net) or call 020 3317 2304.

