

Dear parent/carer

Numbers of new coronavirus cases are rising steeply in Salford – we are now one of the top ten areas in the country for coronavirus rates.

We're doing our best to keep schools open for the rest of the summer term and minimise any more disruption, but we need everybody to play their part. Even if you've been vaccinated, you should still take extra care and follow the guidance as you could still pass on the virus while you have no symptoms yourself.

There are some simple things you can do to protect yourself and others and help get the rates down:

### **Get tested**

- If you, your child or a family member starts to feel **unwell in any way** book a PCR test at [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or call 119. The new variant has a range of symptoms so you should get a test and choose the 'My local authority asked me to get a test' option when prompted. Don't use a lateral flow (rapid) test as these are only suitable for people with no symptoms at all.
- If you have no symptoms, do twice weekly lateral flow (rapid) tests at home. These tests can find people who have coronavirus but have no symptoms so they can stay at home and not pass the virus on to others. You can order home test kits online at [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) or pick them up from any pharmacy.

### **Going out**

- Socialise outdoors instead of indoors whenever possible. If you have to meet indoors, open windows to let air in.
- Where possible, keep a distance from people you don't live with, wear a face covering when required and keep washing or sanitising your hands regularly.
- Where possible, minimise travel.

### **Get your vaccine**

- If you haven't had your vaccine yet and you are eligible, you can book your appointments on the NHS website [www.nhs.uk](http://www.nhs.uk) or go to one of our walk-in clinics (no booking necessary). Find details at [www.salford.gov.uk/vacclinics](http://www.salford.gov.uk/vacclinics) The vaccines are safe and effective and already millions of people have been protected.

### **Need support to self-isolate?**

The Spirit of Salford Helpline can advise if you're entitled to any financial support if you have to self-isolate or if you have to stay at home with a child who is self-isolating. Call 0800 952 1000 or go to [www.salford.gov.uk/spiritofsalford](http://www.salford.gov.uk/spiritofsalford)

We can work together to stop spread. Every small change we make can have a huge impact.

Yours faithfully



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