



Dr R. Chatterjee, PhD.  
Deputy Head Pastoral  
Email: [ranjit.chatterjee@ellesmere.com](mailto:ranjit.chatterjee@ellesmere.com)

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Dear Parent,

As we now move into the government's [Living with COVID-19 plan](#), the focus of this new phase is on protecting those who are most at risk from the virus.

This new guidance from the government (UKHSA) provides important public health advice for people with symptoms of respiratory infections, such as COVID-19; people with a positive COVID-19 test and their contacts; and advice on safer behaviours for everyone.

[People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](#)

**People with symptoms of a respiratory infection.**

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school when they no longer have a high temperature and they are well enough to attend.

Anyone aged over 19 with a positive Covid-19 test result should stay at home and avoid contact with other people for 5 days. For children and young people aged 18 and under, the advice is 3 days.

Regular asymptomatic testing is no longer recommended in any education or childcare setting. In the event of an outbreak, the local health protection team may advise some targeted outbreak testing or protocols.

The guidance states that it is particularly important that a person with symptoms of a respiratory infection, such as COVID-19, avoids close contact with people whose immune system means that they are at higher risk of serious illness. If a person has tested positive for COVID-19 they should avoid those people who are at higher risk of serious illness for a 10-day period.

Anyone who needs to leave their home whilst they have symptoms of a respiratory infection such as COVID-19, or within 5 days following the day of their positive test, should take important precautions to minimise the chance of passing on their infection.

Such precautions could include:

- Wearing a well-fitting face covering or a face mask.
- Avoiding crowded or enclosed spaces such as public transport, large social gatherings and enclosed or poorly ventilated spaces.
- Exercising outdoors and away from others.
- Always remembering good hand and respiratory hygiene.

For the wider population who don't have symptoms of COVID-19, or other respiratory infection or a positive COVID-19 test, UKHSA advises some important and sensible public health behaviours that can help to reduce the spread of infections and protect those around them. These include getting vaccinated, ventilating indoor spaces, wearing a face covering or mask in certain situations and keeping up good hand and respiratory hygiene – such as covering your nose and mouth when coughing or sneezing.

I do hope that this is one of the last letters I write on the subject of Covid-19. As always, take care.

Kind regards,

A handwritten signature in blue ink, appearing to read 'R. Chatterjee', with a horizontal line underneath.

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

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