



Dear Parent or Carer

Whilst cases remain relatively low in our area, we are starting to see cases increase across East Riding and Hull and it therefore seems an appropriate time to write to you with a few reminders of how we can continue to minimise both disruptions to learning in our schools due to cases of Covid, as well as minimising the spread in the wider community.

Firstly, whilst cases continue to increase, we are still requesting that pupils wear face coverings in communal areas unless they are exempt. Pupils have been brilliant at doing this and should be commended for the way they continue to adapt.

Nationally there has been some confusion over when we should request a PCR test, and when we should be using the rapid lateral flow tests. Below is a useful summary from the NHS:

Get tested for coronavirus (COVID-19)

There are different tests you can get to check if you have coronavirus (COVID-19). The test you need depends on why you are getting tested.

The 2 main tests are:

- PCR tests – mainly for people with symptoms, they are sent to a lab to be checked
- Rapid lateral flow tests – only for people who do not have symptoms, they give a result in 30 minutes using a device similar to a pregnancy test

Both tests are free.

If you have symptoms of COVID-19

Get a PCR test as soon as possible if you have any of these symptoms:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You and anyone you live with should stay at home until you get your test result. Only leave your home to have a test.

Anyone in your childcare or support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

[Get a PCR test if you have symptoms of COVID-19 on GOV.UK](https://www.gov.uk)

Regular tests if you do not have symptoms

Anyone can now get regular rapid lateral flow tests without having symptoms.

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others. You should do a rapid test twice a week (every 3 to 4 days) to check if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

Further guidance can be found at: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/>

Please can we encourage your child to continue with Lateral Flow testing, we recommend Sunday and Wednesday evening's, however please feel free to test in line with your families own testing schedule. Please also continue to register your child's results in these 2 places:

NHS – https://www.gov.uk/report-covid19-result	Malet Lambert – https://forms.gle/gNVZmJM6wwbEm8GA7
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If your child has any of the symptoms listed above then please keep them at home and request a PCR test.

If your child tests positive on any type of test, as well as recording this in the 2 links above, please ensure you email: covid19@maletlambert.hull.sch.uk as soon as you receive the positive result.

Any questions, please contact the school.

Yours faithfully



Mr P R Sprakes
Headteacher