Dear Parents/ Carers

If your child develops COVID-19 symptoms, they must self-isolate immediately and get a PCR test, even if their symptoms are mild. This is because many people experience mild symptoms from COVID-19, but may still pass on the virus to others. The most important symptoms of COVID-19 are 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 (anosmia)

If your child is symptomatic, they should self-isolate at home while they get a PCR test and wait for the results. They must self-isolate if they test positive, from the day their symptoms started and the next 10 full days, or from the day the test was taken if they do not have symptoms and the next 10 full days. Your child may be able to end their self-isolation period before the end of the 10 full days if they undertake additional testing. They can take an LFD test from the sixth day of their isolation period, and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and your child does not have a high temperature, they may end your self-isolation after the second negative test result. Self-isolating is important because the infection could be passed on to others, even if asymptomatic. You must stay at home for the full amount of time you are told to, because this is the when the virus is most likely to be passed on to others.

There are several other symptoms linked with COVID-19 such as a runny nose, headache, sore throat, shivers and fatigue. These other symptoms may have another cause and are not on their own a reason to have a COVID-19 PCR test. If you are concerned about your symptoms, seek medical advice.

People in England who do not have the more common symptoms of COVID-19 can take part in regular testing using LFD tests. Many people already do this as part of school or workplace LFD testing programmes. All of these programmes are known as 'asymptomatic testing programmes' and can help reduce the spread of infection to others.

If you feel unwell but do not have COVID-19 symptoms, or your COVID-19 test is negative, you may still have an illness which could be passed on to other people. Many common illnesses, like the flu or the common cold, are spread from one person to another. This can happen:

• when someone infected with an illness breathes, speaks, coughs or sneezes, releasing respiratory particles which can cause infection in another person

• through surfaces and belongings which can also be contaminated when people who are infected with an illness cough or sneeze near them or if they touch them, the next person to touch that surface may then become infected

Staying at home until you feel better reduces the risk that you will pass on an illness to your friends, colleagues, and others in your community. This will help reduce the burden on our health services.

Yours faithfully

Health Protection Leicestershire County Council

To book a PCR test:

You can order a PCR test kit to be sent to your home or book an appointment at a walk-in or drivethrough test site. Book a visit to a test site to have the test today. Test sites are open 7 days a week. Order a home test kit if you cannot get to a test site.

Getting a PCR test if you have no symptoms

You can also use this service if:

• you've been asked to get a test by a local council or someone from NHS Test and Trace

• a GP or other health professional has asked you to get a test

• you're taking part in a government pilot project

• you've received an unclear result and were told to get a second test

• you need to get a test for someone you live with who has symptoms

• you're in the National Tactical Response Group

Visit https://www.gov.uk/get-coronavirus-test

If you have problems or cannot use the online service, call 119. Lines are open 7am to 11pm.

To obtain LFD Test kits:

Use this service to order free packs of rapid lateral flow tests to be sent to your home:

https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Other ways to get rapid lateral flow tests

You might be able to:

• collect tests from a pharmacy - https://maps.test-and-trace.nhs.uk/

• From 4 October 2021, you'll need a collect code when you pick up your tests from pharmacies.

• A collect code matches your details to the test kits you collect from a pharmacy.

• collect tests from a community centre, such as a library

• get a test at a site

If you're collecting tests, you can collect 2 packs at a time (14 tests in total).

Find other ways to get rapid lateral flow tests on NHS.UK:
https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-youdo-not-have-symptoms/