



Dear Parents and Carers,

Managing COVID-19 cases is becoming increasingly challenging for schools, early years providers and colleges in Cornwall.

In the week ending September 24, 2021, under 18s accounted for 50% of all cases in Cornwall. Therefore, I am writing to education settings to offer advice and guidance so that we work together to try and bring these case numbers down.

At the start of the pandemic, we all adopted the 'Hands, Face, Space' guidance. These simple steps helped reduce the spread of the virus - where possible we should continue to follow them.

Washing your hands with soap and water for 20 seconds or using hand sanitiser are easy and effective tools to stop the spread of COVID and other infections such as colds and norovirus.

It's also a good idea to try and maintain social distancing when you're picking up or dropping off children at school. If you can't do that, please wear a face covering to help keep both yourself and those around you safe.

I will be asking headteachers in Cornwall to consider their guidance about the use of face coverings, particularly in shared spaces such as corridors and lunchrooms. We will also be asking them to consider measures to reduce mixing between different groups in school.

All the above measures will help reduce transmission of the virus and keep as many young people in education as possible.

Finally, I once again urge everyone who is eligible to get vaccinated against COVID-19. The vaccine is available for anyone over the age of 12. You can find more information at [www.kernowccg.nhs.uk/your-health/coronavirus/covid-19-vaccine/faqs/](https://www.kernowccg.nhs.uk/your-health/coronavirus/covid-19-vaccine/faqs/)

**If you have symptoms:**

Self-isolate straight away and get a [PCR test \(a test that is sent to the lab\) on GOV.UK](#) as soon as possible if you have any of these three symptoms of COVID-19, even if they are mild:

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

Or if your child has a sore throat, fatigue and headaches (which are all common Covid symptoms in younger people).



You should also self-isolate straight away if:

- You've tested positive for COVID-19 either according to a PCR test or a lateral flow device test – this means you have the virus.
- If you get a positive LFD test you should book a PCR test. A negative PCR test will override a positive LFD test and allow you back to school.

[Find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app.](#)

As the numbers fluctuate across Cornwall it is important that we all play our part in helping to reduce the transmission of COVID-19. This guidance is not new, but all these measures are valuable tools in helping us to win the battle.

Thank you for your help.

A handwritten signature in black ink, appearing to read 'Rachel Wigglesworth'.

Rachel Wigglesworth  
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