**Newsletter**

4/5/21

Dear Parent/Carer,

We hope you all had a relaxing, enjoyable bank holiday weekend.

We have had a few parents call pre-school today regarding coughs and colds.

Please do not bring your child into pre-school with a cough, cold, temperature, rash etc.

If your child develops a new cough, please book a PCR test at a local test site - the results are quick and your child can return to pre-school with a negative result as soon as they are feeling better.  If you are not able to book a test then your child should stay home for 10 days.

Lateral flow home tests kits are not recommended if you already have symptoms (cough or temp, loss of taste etc) and are not suitable for small children.

We are all looking forward to the easing of restrictions but rules regarding symptoms remain the same.  If anyone in your household develops a new cough, or any other symptoms, please book a PCR test at a local test site and isolate until you receive the results.

Thank you.

## If you have no symptoms: Primary school-age children and younger do not need to test.

[Get regular rapid lateral flow tests](https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/).

## If you have coronavirus symptoms:

* [get a PCR test](https://www.gov.uk/get-coronavirus-test)
* stay at home

## Coronavirus restrictions remain in place across the country. In England:

* Only socialise indoors with people you live with or who are in your support bubble
* Up to 6 people or 2 households can meet outside
* Work from home if you can and minimise travel
* If you have symptoms get a test and stay at home