

My ref: Parent Letter – April 2022  
Date: 25<sup>th</sup> April 2022  
Contact: Please contact your setting



To Parents/Carers of children in  
Cambridgeshire Early Years  
settings

Public Health Directorate  
Education Directorate

Dear Parent / Carer,

As we reach the final stages of the pandemic, we wanted to write to outline our position under the new phase of 'Living with Covid-19'. Covid-19 remains a real challenge and it is important we all engage with the new arrangements that are in place.

From the 1<sup>st</sup> April 2022, Covid-19 will be managed in a similar way to any other respiratory illness. The similarities between the profile of Covid-19 and other respiratory viruses means that individuals will be unable to distinguish one virus from another based on symptoms alone. The NHS have been updated their [COVID-19 symptoms in adults](#) and [symptoms in children](#) guidance.

Children and young people who are unwell with these symptoms and have a high temperature **should stay at home and avoid contact with other people**, where they can. They can go back to school, college or childcare and resume normal activities when they no longer have a high temperature, and they are well enough to attend. Most children who are unwell will recover in a few days with rest and plenty of fluids.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

The general measures to prevent the spread of COVID-19 remain in place and you can help your setting reduce the risk of children catching and passing on COVID-19 by:

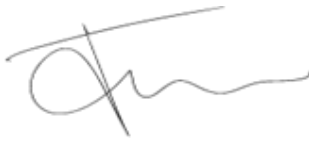
- Getting vaccinated - Vaccines are the best defence we have against COVID-19 and other respiratory infections such as flu. They provide good protection against hospitalisation and death. You can [book here](#). Since the 1<sup>st</sup> April, all children above the age of 5 can also access vaccinations through this route. All those who have been previously eligible can also book so you can get the whole family vaccinated at the same time if you missed out earlier.
- Letting fresh air in - Ventilation is most important if someone in your household has COVID-19 or another respiratory virus, to try and stop the virus spreading. Good ventilation has also been linked to health benefits such as better sleep and fewer sick days off from work or school.
- Remembering the basics of good hygiene - Washing your hands and following advice to [Catch it, Bin it, Kill it](#)

- When to consider wearing a face covering or a face mask – staff and visitors may be requested to wear face-coverings in communal areas when Covid-19 infection rates are high.

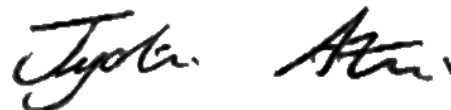
We hope this new phase of Covid-19 means a return to relative normality in settings. Where there are outbreaks, the local authority or individual settings may need to consider further action.

Finally, we wish to end by thanking you all for working so well with your settings since March 2020. This has been the most challenging issue our sector has ever dealt with and through the support of parents and the commitment of staff in our settings, Cambridgeshire residents can be incredibly proud of the response of our education system during the pandemic.

Yours sincerely,



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Cambridgeshire County Council and  
Peterborough City Council



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Director of Public Health  
Cambridgeshire County Council and  
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