



Dear parent/carer,

We understand from the NHS that you were advised to take extra precautions to shield your child from exposure to Covid-19. That advice to shield will pause on the 1st August, and we are writing to let you know what ongoing support is available here in Leeds, even after the national changes to shielding take place.

We know a number of under 18s have had their risk reassessed, and are due to be removed from the shielding list – but that work has not yet been completed at the national level, so we are contacting parents and carers of all children that have been on shielding list.

Even if you know your child is no longer on the shielding list, we hope there is information in this letter you find helpful. For those under 18s who will remain on the list – we are continuing to ask Government to complete that work quickly so that we can be in a good position to advise you about safely returning to school/college or work in September.

**What are the changes on 1st August?**

The Government is satisfied that it is safe for people who are clinically extremely vulnerable to the impact of Covid-19 (i.e. the shielding group), to spend more time out of their home and in the community. This is because the national rate of transmission (also known as the r-number) is significantly lower now than in previous months.

Your child can return to taking part in many of their usual activities outside the home, including going in to shops or places of worship - but they should remain careful and take extra care to maintain 2 metres physical distance from others wherever possible and wash their hands regularly with soap and water for 20 seconds or use hand sanitiser.

More people are now wearing face coverings. Whilst they help reduce the spread of the virus, they do not limit it entirely. So continue to keep a good physical distance from other people, even if they are wearing a face covering.

All schools and colleges in Leeds are currently closed for the school holidays. We recommend you regularly check for updates from Government and from schools/colleges about what measures will be in place for children who have been in the shielding to safely return in September.

You are advised to be careful about which places that you and your child go to so you can manage their risk carefully. Large crowds, indoor spaces or places with poor ventilation are all higher risk for you than for others. **So, choose carefully and limit yours and your child’s exposure where you can.**

* **Shopping, Prescriptions and Supplies**

If you registered with the Government shielding programme you will still have continued access to priority supermarket delivery slots for the coming months. However, if you signed up for Government food boxes, these will stop at the end of July 2020.

If your child’s medications was been delivered since the shielding advice was issued, check with your own pharmacist about what their plans are in regards to future deliveries. Some pharmacies have agreed to continue to deliver to the door; others will stop this at the beginning of August.

If you are concerned about keeping your child safe as a result of these changes we may be able to help you. **You can call us on 0113 378 1877 and explain that your child has been in the shielding group and they will help you find the best options for you.**

* **Staying Safe**

From 1st August the advice to shield will be PAUSED as long as rates of infection continue to remain low. You and your child should continue to take precautions to remain safe. The things you and your family can do to stay safe are:

* Maintain 2 metres physical distance whenever possible
* Wash your hands regularly
* Catch any coughs or sneezes in a tissue or your elbow

It is our sincere hope that infection rates remain low across the country, but if rates do increase again, it may be necessary to re-issue the advice to shield. **Please stay alert for the latest messages that apply to you.**

**Will my child need to shield in the future?**

Specialists in paediatric medicine have reviewed the evidence on the level of risk posed to children and young people from Covid-19. The latest evidence indicates that the risk of serious illness for most children and young people is low.

The decision on whether your child will remain on the shielding list will be based on a discussion with your child’s paediatric specialist or GP, and based on individual circumstances. But as a general summary, children and young people who are cared for just by their GP are very unlikely to need to shield in the future. For example, this includes children and young people with conditions including asthma, diabetes, epilepsy and kidney disease. If your child is removed from the shielding list they will not be advised to take additional measures if the infection rates increase again.

A small group of children and young people who receive specialist care in hospitals may still be considered clinically extremely vulnerable following a consultation with their doctor. This includes those receiving cancer care or those at risk of severe infection due to an immunodeficiency. These children will remain on the shielding list, and may well be advised to take additional measures if the infection rates increase again.

For all children who have been on the shielding list, your paediatric specialist or GP will be in touch over the summer to discuss what the new evidence means for your child personally in the longer term. They will do their best to make sure this discussion takes place before the new school term so that you and your child are clear about what the risk level is.

If you are concerned about your child returning to school in September, and your child’s paediatrician has not been in touch before the start of the school term, then you are advised to get in touch with them.

**Symptoms of coronavirus in children**

The main symptoms of coronavirus are:

* a high temperature
* a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
* a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

If your child has any of the main symptoms of coronavirus:

* Get a test to check if they have coronavirus as soon as possible.
* Stay at home and do not have visitors until you get the test result – only leave your home to have a test.
* Anyone you live with, and anyone in your support bubble, must also stay at home until you get the result.

To get a test use NHS111 online: <https://111.nhs.uk/covid-19> or call 119.

**Trusted sources of information**

You may feel overwhelmed with the amount of information that is being spread about coronavirus. But it’s important you have access to reliable information. Below are our suggestions of trusted information sources:

* Our web page for shielding in Leeds: [www.leeds.gov.uk/shielding](http://www.leeds.gov.uk/shielding)
* Child Friendly Leeds website: [www.leeds.gov.uk/childfriendlyleeds](http://www.leeds.gov.uk/childfriendlyleeds)
* Child Friendly Leeds Facebook page: [www.facebook.com/childfriendlyleeds/](http://www.facebook.com/childfriendlyleeds/)
* Our NHS Leeds Twitter feed: [www.twitter.com/NHSleeds](http://www.twitter.com/NHSleeds)
* The Leeds Coronavirus helpline: 0113 378 1877
* Leeds Coronavirus textline for deaf/hearing impaired: 07480632471
* BSL SignLive Directory: LCC Covid19

**We Are Still Here for You**

The NHS in Leeds, Leeds City Council and charities and organisations across the city are all still here for you. If you are worried about your health or that of your child, please do get in touch. Thank-you for your continued dedication to keeping yourself and the city safe during the pandemic. Whilst the Coronavirus risk is lower than it was at its peak, the virus is still in general circulation. Please continue to stay safe by always following the latest advice and guidance available.

Best wishes,

Leeds Shielding Team

**For more information:**

This letter contains important information related to your NHS advice to shield. If you do not understand it please ask someone to explain it to you*.*

تحتوي هذه الرسالة على معلومات مهمة تتعلق بنصيحة خدمة الصحة الوطنية NHS للتحصن. إذا كنت لا تفهما، فيرجى أن تطلب من شخص ما أن يشرح لك ذلك.

এই চিঠিতে ‘শিল্ড করা’ (সম্পূর্ণরূপে বিচ্ছিন্ন থাকা ) সম্পর্কে আপনার এন.এইচ.এস এর পরামর্শ রয়েছে। যদি এই চিঠির বিষয়বস্তু বুঝতে না পারেন, তাহলে আপনাকে তা বুঝিয়ে দেওয়ার জন্য কাউকে অনুরোধ করুন ।

*Tento dopis obsahuje důležité informace, které se týkají doporučení NHS pro ochranu. Pokud tomu nerozumíte, poproste prosím někoho o vysvětlení.*

این نامه محتوی اطلاعات مهمی در رابطه با توصیه های  خدمات درمانی ملی  به شما در خصوص قرنطینه  میباشد.

اگر متوجه مسائل مندرج در این نامه نمی شوید،  از شخصی درخواست کنید که به شما توضیح دهد.

 قارسی

ئه‌م نامه‌یه‌ هه‌ڵگری زانیاری گرینگ سه‌باره‌ت به‌ ڕێنوێنی ئێن ئێچ ئێس بۆ مانه‌وه‌ له‌ ماڵه‌وه‌یه‌. ئه‌گه‌ر

له‌م نامه‌یه‌ تێنه‌گه‌یشتیت تكایه‌ پرسیار له‌ كه‌سێك بكه‌ بۆ ئه‌وه‌ی بۆت شی بكاته‌وه‌.

*Niniejszy list zawiera ważne informacje na temat skierowanej do Ciebie porady NHS, aby się izolować. Jeśli masz trudności ze zrozumieniem tego listu, poproś inną osobę o jego wyjaśnienie.*

*ਇਸ ਚਿੱਠੀ ਵਿੱਚ ਬਚਾਅ ਕਰਨ ਲਈ ਤੁਹਾਡੀ NHS ਸਲਾਹ ਸਬੰਧੀ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਸ਼ਾਮਲ ਹੈ। ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਸਮਝ ਨਹੀਂ ਆਉਂਦੀ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਵਿਅਕਤੀ ਨੂੰ ਕਹੋ ਕਿ ਉਹ ਤੁਹਾਨੂੰ ਇਸ ਦੀ ਵਿਆਖਿਆ ਕਰੇ।*

*Această scrisoare conţine informaţii importante legate de sfaturile date dumneavoastră de NHS pentru a vă proteja. Dacă nu o înţelegeţi, vă rugăm să cereţi cuiva să v-o explice.*

*Tento list obsahuje dôležité informácie týkajúce sa poradenstva NHS ako sa chrániť. Ak tomu nerozumiete, požiadajte niekoho, aby vám to vysvetlil.*

እዚ ጽሑፍ እዚ፡ ንምሕያብ/ምዕቋብ ዝምልከት ኣገዳሲ ምኽራዊ ሓበሬታ ናይ ሃገራዊ ኣገልግሎት ጥዕና (*NHS)* ዝሓዘ እዩ። እንተድኣ ትሕዝቶኡ ዘይተረድኣኩም፡ ንገለ-ሰባት ንኸብርሁልኩም ሕተቱ ኢኹም።

اس خط کے اندر حفاظتی پناہ میں رہنے کے بارے میں آپ کے لیے این ایچ ایس [NHS] کے مشورے سے متعلق اہم معلومات موجود ہیں۔ اگر آپ کو ان کی سمجھ نہ آئے تو مہربانی فرما کر کسی سے کہیں کہ وہ آپ کو سمجھا

The full latest advice published by Government is available in English, Easy Read and other languages here:

[https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19)