



11<sup>th</sup> February 2021

Dear Parents and Carers,

Thank you for your continued support in the fight against Coronavirus.

Although the number of infections in Liverpool has reduced, the rate of reduction is once again levelling out. The number of infections is still too high and we all need to continue to be careful and stay safe.

You may have seen some media around people in Liverpool being advised to get a PCR test if they have additional symptoms. For clarity, we've outlined these additional symptoms and when people should get tested.

**Anyone experiencing the main symptoms of coronavirus** must stay at home and get a test as soon as possible and remain in self-isolation until they get their results back. 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 you cannot smell or taste anything, or things smell or taste different to normal

**However, people who are sick with coronavirus may have other symptoms** like the flu, including body-aches, headaches, sore throat and tiredness, shortness of breath, nausea or diarrhoea.

If you have these symptoms it is important you also consider booking yourself a PCR test. If you don't have the main symptoms of coronavirus, you do not need to isolate until you get your result, however you do need to continue to take the usual measures to protect yourself and others from illness.

If individuals haven't got symptoms they shouldn't use this route, and instead should go for asymptomatic testing in the usual way.

### **Advice on how to book a test**

*To book a test due to the above symptoms the process is the same. Go to the following website, <https://www.gov.uk/get-coronavirus-test>*

*When you are booking a test, if you don't have the classic symptoms, simply say you don't.*

*A few clicks later on the website, you can then choose the option which says: 'My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms'. Alongside the vaccination programme, testing continues to be one of the most vital tools to help us reduce the spread of infection.*

We have extra testing capacity in the area for the next few days so we hope you will take advantage of this while it is available.

Yours Sincerely,

*Matt Ashton*

Director of Public Health, Liverpool

*Steve Reddy*

Director of Children's Services, Liverpool City Council