

Dear parents and carers

A Message from Dean Wallace, Director of Public Health for Derbyshire

As we approach the summer holidays, I want to say a huge thank you for all your efforts in following the COVID guidance over this last school year. I know that it has been difficult for many school communities, from families dealing with the challenges of children having to self-isolate, undertake home-schooling, to students having to adjust to new rules in school, and teaching staff taking on the role of contact tracing in addition to their day jobs. Your efforts to follow the guidance are making a real difference and helping to reduce the spread of the virus in Derbyshire.

We are now seeing the Delta variant become the dominant variant within Derbyshire County as it is across the country. It has been recognised that those people testing positive with the Delta variant may have other symptoms aside from a high temperature, a new continuous cough and a loss or change to sense of smell or taste – which are the main symptoms of coronavirus.

The additional symptoms are:

- tummy ache
- sore throat
- headaches
- runny nose
- sneezing
- joint pain
- muscle aches or generally feeling poorly.
- loss of appetite
- diarrhoea
- feeling or being sick
- muscle ache
- feeling drowsy
- tiredness

If anyone in the school/early years community (parents/carers/siblings/staff) has any of the above symptoms we are advising you to get a PCR test – tests that are sent to a laboratory.

These tests can be booked online at www.gov.uk/get-coronavirus-test or by calling NHS 119. You will need to inform them you have been asked by the Local Council to take a test. You can book an appointment at a test centre or order a home PCR testing kit (not the quick 30-minute lateral flow tests).

If you need financial or practical help to self-isolate and you don't have family or friends to support you, our staff on site can advise you, or please call our Community Response Unit, tel: 01629 535091. We can also help you find other services who can offer support for your mental health while you're self-isolating. <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>

Anyone with a high temperature, a new continuous cough and a loss or change to sense of smell or taste should self-isolate immediately and book a test in the same way.

We're doing everything we can to quickly follow up new positive cases and their close contacts and from speaking to those who've tested positive in the area we know that many have symptoms other than a high temperature, a new continuous cough and a loss or change to sense of smell or taste.

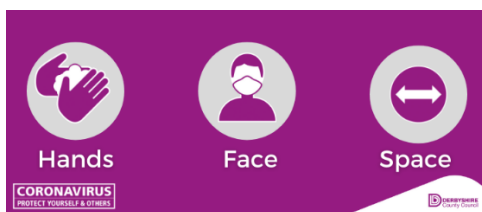
That's why we're advising anyone to get a PCR test if they experience a tummy ache, sore throat, loss of appetite, diarrhoea, feeling or being sick, headaches, joint pain, muscle ache, runny nose, sneezing, feeling drowsy, tiredness, muscle aches or generally feeling poorly, as it could be a sign that they have coronavirus.

This is just a precaution to help stop the spread of Covid-19 in Derbyshire. Thank you for everything you are doing.

Yours sincerely

Dean Wallace

Dean Wallace
Director of Public Health



For further information; www.derbyshire.gov.uk/coronavirus