

December 14, 2020

Dear Hammersmith and Fulham parents and carers,

## We need to stop Covid spreading during the Christmas break

You may have seen that Covid cases are high and increasing every day in London. Almost one in four (22%) of the 154 new Covid cases in Hammersmith and Fulham in the last two weeks have been in children (aged 0-18 years), and we have been managing a number of school/early years cases and outbreaks.

### What can you do over the Christmas break?

- **Limit the mixing** that you and your children do with others. This virus spreads from person to person, so the fewer people you and your children mix with, the lower the chance of catching the virus;
- If you or your children have symptoms of Covid, **get tested**. There's an easy link on the council's website [COVID-19 testing | LBHF](#);
- If you or your child is a **contact of a case of Covid** and must isolate, please do so right away. If you are isolating, and get tested, and the test is negative, you *still need to isolate* for the full ten days. A negative test does not equal an earlier end to isolation;
- The Royal College of Paediatrics and Child Health has some helpful **information on Covid**, for children and parents, here [COVID-19 - resources for parents and carers | RCPCH](#);
- Take your children for their **routine childhood immunisations** at the GP (GP surgeries are safe and vaccines are free – call your practice for an appointment and make sure your children are up to date);
- If you are finding things difficult, please contact the council's H&F Community Aid Network (CAN) service. They can help with isolation payments, money worries, food parcels and social isolation **H&F CAN**, call 0800 145 6095 or email [can@lbhf.gov.uk](mailto:can@lbhf.gov.uk).

I know these are challenging times and that you will support our collective efforts to suppress the virus and keep safe.

Yours sincerely,



Dr Nicola Lang  
Director of Public Health Hammersmith and Fulham Council