

Dear Parents and Carers

Thank you for all the support you are giving Suffolk school and setting leaders as we all work together to make our schools and settings as safe as they can be.

Your continued support in following the guidelines that school and setting leaders are sharing with you is vital in ensuring the virus remains under control across Suffolk. The guidelines will change as the local and national situation changes and these changes will be clearly communicated to you.

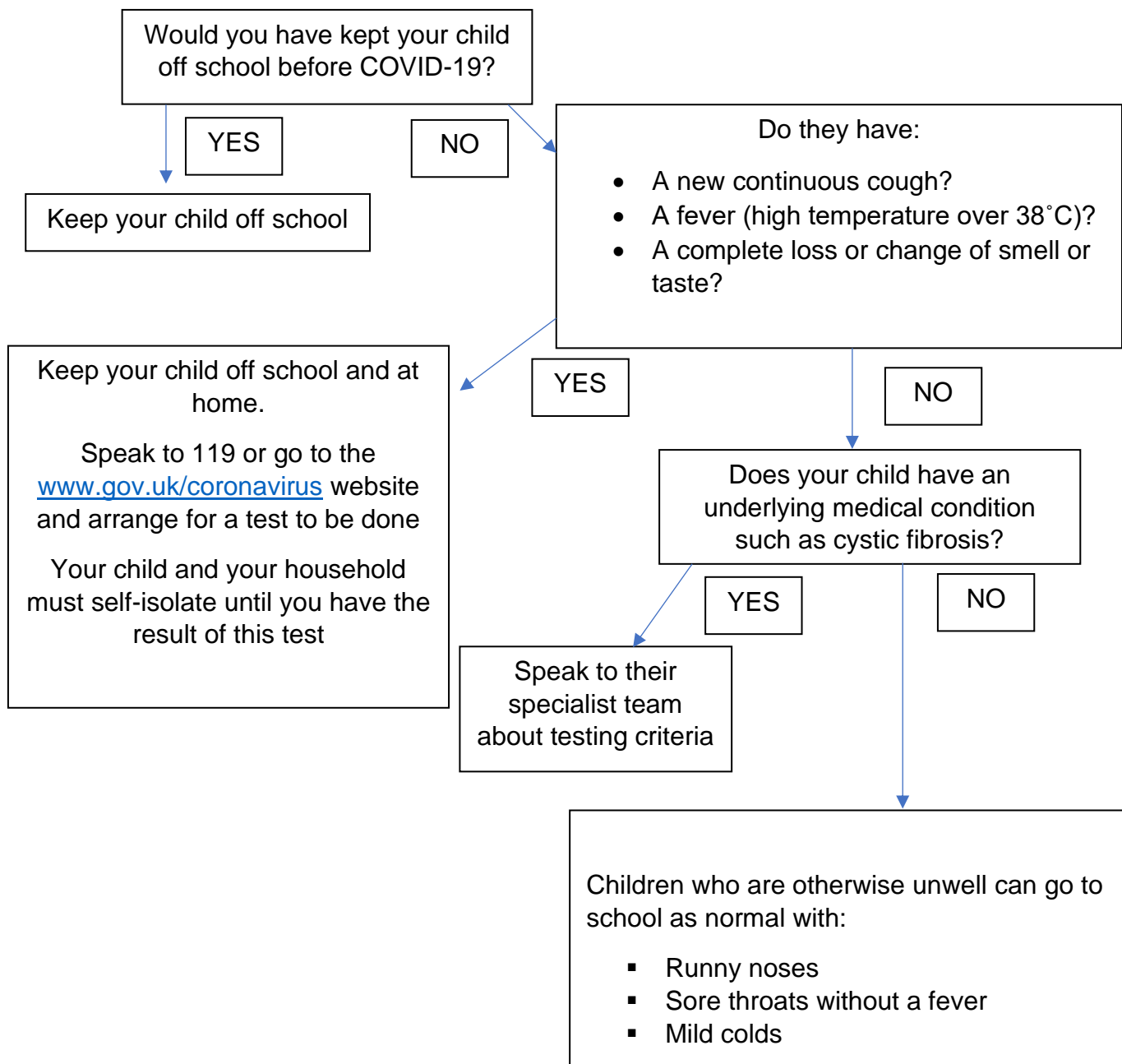
We must all continue to follow the rules such as social distancing, amended pick up times and any one-way systems that may be in place. Now is not the time to be complacent. Suffolk has low rates currently. This will only stay low if we all support each other.

Tests are only necessary if you have these symptoms:

- a high temperature
- a new, continuous cough (this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours).
- a loss or change to your sense of smell or taste

As we head into winter, we will all need to look out for the difference between common colds and flu and COVID-19 symptoms. You do not need a test without the COVID-19 symptoms.

This chart helps explain when you should keep your child off school:



Yours sincerely

Adrian Orr
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