

## **An important message from Richard Watts, Leader of Islington Council and Councillor Kaya Comer-Schwartz, Lead Member for Children and Families**

Dear Parents and Carers,

Islington Council's top priority is keeping people safe and supported throughout the pandemic.

The government has announced that London, including Islington, will move into the Covid-19 Alert Level High from midnight on Friday 16 October, as the level of infections in the capital has increased.

The new restrictions do not affect our schools, which will remain open to all children.

We want to reassure you that our schools remain well prepared to keep children and their families, and school staff safe. Our schools, together with the council and local public health officials will continue to keep their health and safety plans under close review and ensure appropriate action is taken wherever it's needed.

### **About the new Covid-19 Alert Level High restrictions**

The new restrictions for London will be introduced to help stop the spread of coronavirus, on top of the measures already in place. The new measures mean:

- We **must not socialise with anybody outside of our household or support bubble in any indoor setting**, at home or in a public place, including pubs and restaurants.
- We can **no longer gather in a group larger than six in any outdoor setting**.
- While we can continue to travel to places that are open, for work or education, we all need to try and reduce the number of journeys we make, and walk or cycle where possible.

Further information about the new restrictions, including information about childcare is available at [gov.uk/guidance/local-covid-alert-level-high](https://www.gov.uk/guidance/local-covid-alert-level-high).

To help protect yourselves, your families, your school and everyone in your community, it's essential that we all pull together and follow public health advice:

- **Wash your hands regularly** – for 20 seconds, with soap and running water, especially before and after school, before and after eating, and after using a tissue or the toilet.
- **Wear a face covering in public places**, including shops and on public transport
- **Create space** – stay 2 metres apart from people who are not from your household, particularly in public places. Please move away from the school as quickly as possible and do not stay and chat at the school gates at drop off and pick up times.

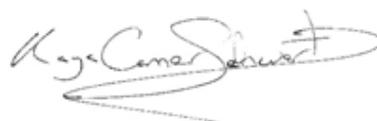
Please find more useful information over the page on Covid-19 symptoms, testing and how we're here to help with financial and practical support and help getting into jobs and training.

Thank you for playing your part in tackling this virus and keeping you, your friends and your family safe.

Yours,

Richard Watts, Leader Islington Council

Cllr Kaya Comer-Schwartz, Lead Member for  
Children and Families



## Check your symptoms

The symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you or someone in your household start to develop any these symptoms make sure you self-isolate straight away and book a Covid-19 test - either by calling 119 or booking online at [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)

We know it can be hard to get a test - but please keep trying because new appointments and test kits should become available throughout the day. There is now a local test centre in Islington - but you must book before you visit.

## Support if you're on a low income and need to self-isolate

People on a low income and who cannot work from home may be entitled to a one-off payment of £500 through the Test and Trace Support Payment scheme. Details of how to claim are available on our website: [www.islington.gov.uk/coronavirus](http://www.islington.gov.uk/coronavirus)

## Help getting into work or training

Anyone who is unemployed or facing unemployment who needs help getting back into work or retraining please contact our iWork team on 020 7527 2706 or email [iWork@islington.gov.uk](mailto:iWork@islington.gov.uk)

## Flu vaccination

Primary school and Year 7 pupils can get the free, annual flu vaccine at school – this is even more important this year. Flu vaccines will be administered through the school.

You can contact the **school nursing team** with any questions or concerns about Covid-19, for example if you are from a Black, Asian or Minority Ethnic group or if there are grandparents or vulnerable family members at home.

Call 020 3316 8021 or email [whhtr.IslingtonSchoolNursing@nhs.net](mailto:whhtr.IslingtonSchoolNursing@nhs.net)

## Islington Family Information Service

Islington Family Information Service (FIS), is a free and impartial telephone and web-based information and advice service for families with children and young people 0-25. Information provided includes: childcare, things to do, after-school clubs, services for disabled children, how to find jobs working with children and young people, health, family support services, tax credits and any other issues relating to family life.

Call 020 7527 5959, email [fis@islington.gov.uk](mailto:fis@islington.gov.uk) or visit [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)

## We are here to help

Please remember that the council continues to support people in the borough who are struggling due to coronavirus and need practical help or support and the **We are Islington** helpline is open 7 days a week.

Call 020 7527 8222 or email [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk)