
Protect your family and friends: We all need to follow the rules this Christmas

To all parents: We hope you and your family have an enjoyable Christmas break in what are challenging times for all of us in Medway.

COVID-19 hasn't gone away and the infection rate is still very high. So, while we can enjoy Christmas, we must do so safely and responsibly, so we can protect each other for catching the virus.

Please follow these **five key reminders** below this Christmas. If we all play our part now and stick to these rules, we can reduce the spread of infection across Medway.

1 Socialising over 23-27 December

- A maximum of three households can form a Christmas social bubble between 23 and 27 December
- This means you can meet indoors over this period, but please only do so if you feel comfortable (you don't have to if you feel it will put other vulnerable family members at risk)
- Do not visit anyone indoors who are not in your social bubble
- Try and keep your indoor get-together as safe as possible (restrict close contact where you can and try and keep a window open to help with ventilation)
- A reminder: You don't have to meet indoors: If you feel more comfortable, arrange to go for a walk instead with the other households in your bubble. Or alternatively, just stick to a virtual catch-up this year instead

2 Medway: Tier 3

Medway is still in Tier 3: Very High alert. So you must follow these rules AT ALL OTHER TIMES before and after the Christmas social bubble (23 – 27 December)

- Different households cannot meet indoors
- 'The rule of 6' applies to outdoors – you can meet up to six people from other households in a public setting such as a park
- Social distance from anyone not in your household
- You should not travel to meet other family or friends in a Tier 1 or Tier 2 area unless it's for exceptional circumstances only

3 Testing

If you have taken your child to get a COVID-19 test, they must stay at home until they've had their test result back.

You should receive a test result within 48 hours (if you've visited a test centre) or 72 hours if your child completed a test at home, so you shouldn't have to wait long for your result.

Remember:

- If the result is negative, your child no longer needs to self-isolate
- If the result is positive, your child must stay at home for at least 10 days (from when the symptoms started) and the rest of your household must also stay at home for 10 days
- After 10 days if your child feels better, they no longer need to self-isolate
- After 10 days, if the rest of your household don't have any symptoms, they also no longer need to self-isolate

A) TESTED NEGATIVE?

If you or your child receives a negative COVID-19 test, you all still need to follow the rules under the current Tier 3: Very High alert for Medway.

Testing negative doesn't mean you no longer need to follow the safety rules: COVID-19 is highly infectious so we all need to continue to wash hands regularly, cover our face (when we go to indoor facilities) and make space (social distance from others not in our household)

B) DROP-OFF AND PICK-UP

When you arrive at the school gates to drop-off or pick-up your children, we all need to continue to social distance from other parents and family members.

In the run-up to Christmas and for when we return in the New Year, please make sure that you don't stop to have a quick-catch-up with friends.

Keep each other safe this Christmas and we will get through this together.

For the latest Covid-19 news in Medway, see www.medway.gov.uk/coronavirus