
Dear Parents,

COVID-19 CASES IN YOUNG PEOPLE

We are writing to you about the recent rise in cases of COVID-19 in young people under 20. There have been several outbreaks linked to young people who have attended house parties where people from more than one household have mixed, and as a result have spread the virus.

We are taking a number of measures to reduce the rise in infections, but we need your help with these. If the current spread continues, it is likely that we will need to close schools with high numbers of cases for a period of time, and this risks causing disruption at a time when we wish to avoid this. Schools and colleges continue their efforts to ensure we remain COVID-19 secure.

There are **six key actions** for you and your children to take if we are to avoid this situation getting worse, which may mean some schools may have to close, along with further disruption:

- a. You should **only** meet people you do not live within 2 types of groups:
 - i. single adult households – in other words adults who live alone or with dependent children only – can continue to form an exclusive ‘support bubble’ with one other household
 - ii. you continue to meet in a group of 6 individuals (this includes children), in any location – public or private, indoors or outdoors. This does not need to be the same household each time.

Private parties must follow the guidance set out above. Weddings or bar and bat mitzvahs are allowed to go ahead with up to 30 people with Covid-19 secure planning and measures in place. Gatherings which go beyond these guidelines remain illegal unless authorised or exempt.

2. Wash your hands regularly with soap or use sanitiser;

3. Wear face coverings when required **ESPECIALLY** on public transport, shopping centres and shops. Enforcement action including the use of fixed penalties where people refuse to comply with these measures will be taken;

4. Maintain social distancing at all times with people outside your household (2 metres as standard, **ONLY** 1 metre IF you are taking additional measures like wearing face coverings.)

5. If you develop symptoms ring 119 or book an appointment at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/>

and self-isolate immediately. The self isolation guidance is here

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

6. Ensure you and your children get any vaccinations for which you are eligible, especially seasonal flu vaccination. This will prevent us having outbreaks of other diseases at the same time as outbreaks of COVID-19.

House Parties and gatherings

A number of cases have been linked to events where multiple households mix. Events of over 30 people, which do not fall into the categories mentioned above WHETHER indoors or outdoors without proper risk assessment or approval, **remain illegal**. We ask you to do everything you can to stop house parties or events. Failure to comply with any Directions or Notices issued regarding such an event is a criminal offence.

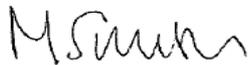
Self-Isolation

One of the ways we are seeking to curb the rise in infections is by asking people who (a) test positive, (b) are symptomatic, or (c) are defined “close contacts” of people who are infected, to self-isolate. The period of time varies but advice on this is attached to this letter. The majority of people have self-isolated well.

If you have been asked to self-isolate, having a negative test does **NOT** mean you can cease self-isolation. You **must** continue to self-isolate until the end of the period you were advised to take or until a public health official informs you that you can end self-isolation. There are no exceptions to this and enforcement action including directions and fixed penalties can be issued to people who refuse to self-isolate. The link to the Government’s Self isolation guidance is above.

We want to avoid a situation where Brent Council has to take more restrictive measures. We can only do this if we work together and everyone takes the measures they need to take. We ask you to help us.

Yours sincerely



Dr. Melanie Smith
Director of Public Health

ⁱ <https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing>