Latest Covid Advice for Parents 18/03/2022

Advice for parents and carers in education settings
[What parents and carers need to know about early years providers, schools and colleges](#)

Information on vaccination / Covid Vaccination Timetable

➢ Newcastle City Council continue to offer residents opportunities to receive their Covid vaccinations and boosters. [how-to-get-your-vaccine](#) this link includes additional information as to which vaccine is available and the age range for each site:
➢ All sessions are updated regularly on www.newcastle.gov.uk/covidvaccine so please check regularly for updates.
➢ Appointments can still be booked via the National Booking Service:

[Book or manage a coronavirus (COVID-19) vaccination](#)

or by calling 119

➢ Appointments can be pre-booked for a booster dose from 2 months (61 days) after a second dose, the appointment dates on offer will be from 3 months (91 days) after the second dose.
➢ Information on drop-in sessions can be found at:

[How to get your Covid-19 Vaccination in Newcastle | Newcastle City Council](#).

➢ If you had an appointment booked for your vaccination but then attend a walk in or drop in, please remember to cancel your original appointment.

If you've had a positive COVID-19 test:

If you're eligible for a booster dose and you've had a positive COVID-19 test, you need to wait 4 weeks (28 days) before getting a booster dose.

This starts from the date you had symptoms, or the date of the positive test if you did not have any symptoms. Please cancel and rebook your appointment for a later date if needed.

How do I get a COVID-19 test? Valid until 31 March 2022

➢ It is important you take the right test. LFD tests are for use when there are no symptoms. If you have Covid-19 symptoms you must book and take a PCR test.

➢ You can order a PCR test kit to be sent to your home or book an appointment at a walk-in or drive-through test site. Tests must be booked in advance.

➢ To book an LFD or PCR test, visit https://www.gov.uk/get-coronavirus-test or call 119 free of charge.

Now, more than ever, it is important to keep yourself and others safe by continuing to follow safe behaviours to protect yourself and others including:

➢ [Get vaccinated](#) and get your [booster dose](#)

➢ Consider wearing a face covering in crowded and enclosed spaces

➢ Try to stay at home if you are feeling unwell

➢ Wash your hands and use hand sanitiser regularly

- ➢ Let fresh air in if you meet indoors. Meeting outdoors is safer

- ➢ Get tested and self-isolate if positive to prevent onward spread to others

- ➢ Download and use the NHS Covid app

Covid support available:

If you are struggling to afford to eat, food banks or charities may be able to help. There are several venues across Newcastle that give free food, low-cost food or food vouchers to those who need it most in Newcastle https://www.informationnow.org.uk/article/food-banks-in-newcastle/

Information for professionals and volunteers - financial inclusion: services/welfare-benefits/welfare-rights-and-money-advice/information-professionals-and-volunteers

If you need extra support because of Covid, our Welfare and Wellbeing Team can help. We can:

- Give guidance about self-isolation and talk you through what you need to think about
- Help eligible residents book Covid vaccination appointments, arrange travel, and answer any questions
- Match you up with opportunities of interest such as physical activity, arts and culture opportunities, and skills and training.

Complete our online form (Newcastle Council) and someone from our Welfare and Wellbeing Team will call you back. Alternatively, call 0800 170 7001, and someone can complete the form on your behalf.