

## Update from Hertfordshire County Council

**Action:** Please share the following communication with parents and carers ahead of half-term

Ahead of February half-term, we'd like to say thank you once again for continuing to play your part and for helping to keep yourselves and others safe from COVID-19.

If you're travelling abroad this half-term be sure to check and follow COVID-19 guidance for your country of travel and on re-entering the UK, you can find the latest travel guidance at:

<https://www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19>

- **Get vaccinated** - vaccination continues to offer the best protection for ourselves and others around us from becoming seriously ill from COVID-19.

There are lots of walk-in options available locally for first, second doses and boosters, you can find your nearest vaccination centre and also book an appointment at:

<https://covid.healthierfuture.org.uk/>

Young people aged 12-18 yet to receive their COVID-19 vaccination(s) don't need to wait for a visit to their school or setting. You can find out more, including walk-in options for clinics for young people, and book at: <https://covid.healthierfuture.org.uk/vaccine-information-for-young-people>

### Half term COVID-19 'Relax and Vax' sessions for nervous teenagers

Five of the larger vaccination centres across Hertfordshire and west Essex are running 'Relax and Vax' sessions during half-term week aimed supporting 12 to 18-year-olds who are nervous about having their COVID-19 vaccine.

Specially trained staff will be on hand to help overcome worries like a fear of needles and answer any other concerns using simple and clinically effective relaxation techniques to help reduce tension and support them through the process. Children aged 12-15 need to be accompanied by a consenting parent or carer and just mention they're nervous on arrival so that the staff can make adjustments and they're given plenty of time and support.

You can find a list of participating venues and times at: <https://covid.healthierfuture.org.uk/>

People under 18 who have recently had COVID-19 must wait 12 weeks before having their vaccination.

- **Test regularly** – 1 in 3 people with COVID-19 don't display symptoms. Regular rapid testing at home can help to prevent transmission. Find out all the ways to get home test kits (LFD tests) at: [www.hertfordshire.gov.uk/rapidtest](http://www.hertfordshire.gov.uk/rapidtest)
- **Stay at home** – if you have symptoms stay at home and book or order a PCR test online at: [www.nhs.uk/get-tested](http://www.nhs.uk/get-tested)

If you test positive you must self-isolate for the required period and not have people visit you at home. There is support available to help people who need it to self-isolate, call HertsHelp on 0300 123 4044, email [info@hertshelp.net](mailto:info@hertshelp.net) or visit [www.hertshelp.net](http://www.hertshelp.net)

Please don't send children and young people back to school following half-term if they have any symptoms or feel unwell. There continues to be a high number of outbreaks across Hertfordshire's childcare, nurseries, schools, special schools and colleges – they need your support to help protect our communities and have the least disruption to children's learning and development as possible.

We hope you enjoy a healthy and safe half-term.

**Hertfordshire County Council**