



# Tring School

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## Hertfordshire County Council have us to share the following update with you ahead of the end of term

Dear Parents and Carers

Firstly, we would like to thank you for the efforts and sacrifices you have made to keep your nursery and school communities safe over the past 16 months. As we head into the summer holidays, we'd like to remind you of some of the ways we can all enjoy a safe summer together.

While people will be excited at the prospect of restrictions being lifted on 19 July, others will be fearful or apprehensive. Remember, rules around self-isolation of close contacts for under 18's do not change until 16 August 2021. We all need to be kind to each other as we move into this next phase.

Covid-19 won't end when the rules change, in fact, cases are rising and we need to keep being sensible. It's important to recognise that everyone's circumstances are different and what feels comfortable to one person might not feel that way to another. Let's keep looking out for one another and recognise that we're all going to be moving forward at our own pace.

## What you can do to keep yourself and others safe

### Get vaccinated

Vaccinations are now available for everyone aged over 18 who is eligible, you don't need a GP and often don't even need to book an appointment. Visit <https://covid.healthierfuture.org.uk/> for local sites and regular pop ups. If you or children have medical conditions, please speak to your GP about your Covid-19 vaccination.

### Keep testing

Regular rapid testing, including for those who are vaccinated, for everyone in year 7 and above (tests are not designed for use on children younger than this) can make a big difference, as most people don't know they're infected until they have infected others. You can order or collect free rapid tests locally, visit

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[www.hertfordshire.gov.uk/rapidtest](http://www.hertfordshire.gov.uk/rapidtest) for more information. If you have symptoms get a PCR test and self-isolate.

### **Look out for one another**

Give people space, wear face coverings in crowded indoor areas, keep your windows and doors open when you have people round, wash and/or sanitise hands. These measures have kept us safe and will keep us safe still.

By looking out for one another we can help us keep infections low. There are many people needing healthcare for non Covid-19 reasons who have been waiting for some time. If Covid-19 cases continue to rise, people will have to wait longer for hospital and health care so let's try to stop that by working together.

We hope you all enjoy a safe and happy summer!

Hertfordshire County Council