

Covid-19 symptoms and guidance

Public Health advice is that anyone displaying the three Covid-19 symptoms, even if mild, should book a PCR (polymerase chain reaction) test as soon as possible:

- a new continuous cough
- a fever or high temperature
- or a change or loss of sense of taste or smell

In addition to the main three symptoms, local public health advise that a precautionary PCR test should be taken if an adult or child experience any wider symptoms which are *new*, *persistent* or *unusual* such as:

- shortness of breath or wheezing
- fatigue
- loss of appetite
- muscle ache or pain
- sore throat and/or hoarseness
- persistent headache
- runny or blocked nose
- nausea, vomiting or diarrhoea

If someone feels unwell, they should stay at home and take a PCR test. They should also book a PCR test if they've been in contact with someone who's tested positive.

PCR tests can be booked online [here](#) or by calling 119. See [Hackney's website](#) for more information.

Covid-19 Vaccination for 12-15 year olds and signposting for 16-17 year olds

Vaccination clinics for young people aged 12-15 have now taken place in many of our schools. We are aware that there were a number of students, however, who were either unable to attend the clinic on the day or where parental consent was not provided in time for the clinic. We, therefore, ask that you continue to encourage all eligible students and staff to get vaccinated.

Young people over 12 who could not be vaccinated in school can still do so by attending one of our local vaccination sites. Parents/carers of young people aged 12-15 can complete consent forms and book vaccination appointments on behalf of their child via [The National Booking Service](#) or by telephoning 119. Staff and young people over 16 can also book appointments via the same web link and phone number. Alternatively, there is information on the Hackney Council website [here](#).

Further information

If not seen already, you may find the UK Health Security Agency's (formally Public Health England) [Covid-19 vaccination resources for schools and parents](#) and [vaccination resources for 12-15 year olds](#) helpful.

Also, as shared in Corona Bulletin on 2 November 2021 (article, **16-17 year old vaccination - information sessions and pop up stands**), Hackney Public Health are working with Young Hackney's Health and Wellbeing Team to offer schools a myth-busting and signposting assembly for sixth formers. This offer includes holding an assembly as well as running up a stand where young people can ask any questions they may have before they make their choice about vaccination. The idea is not to tell Young People what to do, but to ensure they have all the facts and debunk some of the myths going around so that they can make an informed choice.

To register your interest or for more information contact David Wright, Health and Wellbeing Team Leader (by email at David.Wright@Hackney.gov.uk or by phone on 020 8356 1343) and/or Claire Parker, Health and Wellbeing Education, Prevention and Outreach Officer (by email at Claire.Parker@hackney.gov.uk)

Changed advice on gap between Covid infection and vaccination

The UK Health Security Agency has also updated its clinical guidance to recommend that young people aged 12-17 who are not in a high-risk group should wait 12 weeks after a positive Covid-19 infection before getting their first vaccine dose. This is a change from previous advice that vaccination should be deferred for around 4 weeks after confirmed infection. This change has been recommended as an extra precautionary measure to further minimise the chance of any side effects.

School-aged immunisation service (SAIS) teams are already applying this change, with pupils being asked to confirm whether they have had a confirmed Covid-19 infection in the last 12 weeks and where there is uncertainty, the vaccination would not proceed. Some parents of pupils yet to be vaccinated may be asked by SAIS teams to give consent again for their child to be vaccinated in schools, based on this change.

This new advice is only for not 'at risk' individuals aged under 18. Anyone 18 and over or under 18 in an 'at risk' group, should continue with the current advice to postpone their vaccination for 28 days following a prior infection.