

**Our ref:** CYP-COVID 19  
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**Children and Young People's Services**  
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Dear Parents

Following my letter to you yesterday, you will now be aware that the country is effectively in a lock down position as we are learning what is happening in Italy and Spain who are weeks ahead of us.

**These are the new national instructions from the Prime Minister:**

- Shopping for basic necessities such as food and medicine. Shopping trips should be as infrequent as possible.
- One form of exercise a day such as a run, walk, or cycle. This should be done alone or only with people you live with.
- Any medical need, or to provide care or to help a vulnerable person. This includes moving children under the age of 18 between their parents' homes, where applicable.
- Key workers, or those with children identified as vulnerable, can continue to take their children to school.
- Travelling to and from work, but only where work absolutely cannot be done from home.

**IT IS NOW ESSENTIAL THAT WHEREVER POSSIBLE YOU KEEP YOUR CHILD AT HOME FOR THEIR SAFETY AND THE SAFETY OF OTHERS.**

**EVEN IF YOU ARE A KEY WORKER YOU SHOULD ONLY SEND YOUR CHILD TO SCHOOL AS A VERY LAST RESORT.**

**KEEPING YOUR CHILD AT HOME WILL SAVE LIVES.**

Thank you for your support in this matter. This is our way of ensuring the health and safety of others in this unprecedented time.

Yours sincerely

Julie Jenkins  
**Director – Children and Young People's Services**

