Dear Parent or Carer,

Following the recent Government announcement of Plan B Covid-19 restrictions, we wanted to make sure students have the information they need to hand. Please find below the information shared:

**Lateral Flow and PCR Tests**

* Testing yourself will show if you have become infected with Covid-19 before any symptoms start. This will help to protect your family and friends from being infected by you.
* Please test yourself twice a week during the holidays and very importantly, carry out a test the night before your first day back in January after the holiday. **You can collect free Lateral Flow Test kits from Reception during term time.**
* The rules around self-isolation have recently changed. If you are contacted by Test and Trace and they tell you that you have been in contact with someone who has tested positive with the Omicron variant you must self-isolate immediately, regardless of your age or how many vaccinations you have had.
* How to get a PCR test if your Lateral Flow test is positive or you have symptoms:  <https://www.gov.uk/get-coronavirus-test>

**Wear face coverings**

You must bring your own face coverings to wear in communal areas please.

**Vaccination**

To find out more about how to get a vaccination please see below:

* To get a vaccination: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>
* Or phone 119 (free), between 7am and 11pm seven days a week
* Local information on vaccinations for Norfolk and Waveney can be found at <https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme>  /

Suffolk at <https://www.suffolk.gov.uk/coronavirus-covid-19/covid-19-vaccinations-in-suffolk/>

**If a student needs to isolate and work from home**

* The link for students to apply for Student Finance and laptops is [**https://portal.eastcoast.ac.uk/StudentFinancePortal**](https://portal.eastcoast.ac.uk/StudentFinancePortal), if you need help to do this email student finance on [studentfinance@eastcoast.ac.uk](mailto:studentfinance@eastcoast.ac.uk) / ring Lowestoft 01502 525124 or Great Yarmouth 01493 418312.

**Wellbeing**

If you would like to speak to someone about wellbeing, our friendly team are available until 17th December 8.30am to 4.30pm:

* Great Yarmouth - 07747 037852
* Lowestoft - 07823 349327
* Sixth Form - 07823 349300
* All campuses – [wellbeing@eastcoast.ac.uk](mailto:wellbeing@eastcoast.ac.uk)

**Useful links**

* Find support information on the website for a wide range of things you might need help with**:** <https://www.eastcoast.ac.uk/student-support/wellbeing/>
* Reporting absence to college: [absence@eastcoast.ac.uk](mailto:absence@eastcoast.ac.uk) / phone 0800 854695 – choose your campus – then option 1 to report an absence due to Covid.
* The Covid-19 flowchart attached has been updated to help you.

Wishing you a good Christmas and looking forward to seeing everyone back for Term Two in January.

Kind regards,

Paul

**Paul Padda** LLB (Hons), MSc

Deputy Principal, Curriculum and Quality

[](https://www.eastcoast.ac.uk/)    [](https://www.lowestoftsfc.ac.uk/) [](https://www.eastcoast.ac.uk/apprenticeships)     [](https://www.uos.ac.uk/)