



**Provide HQ**  
Colchester Business Park  
900 The Crescent  
Colchester  
Essex  
CO4 9YQ

Tel: 0300 131 0111  
[provide.askus@nhs.net](mailto:provide.askus@nhs.net)

Dear Headteachers, teachers and colleagues,

We are writing to you to offer support to school staff, children and their families who may be experiencing difficulties with their health following a COVID 19 infection.

The past few years have been challenging for many sectors, including schools and the wider education sector. We are keen to work with local communities to ensure that everyone is aware that support is available for people with ongoing symptoms since their COVID infection, including children.

While research is beginning to suggest that children are less likely to experience symptoms of Long Covid than adults, there are still many more cases expected than are currently being seen by their GPs or the Long Covid Service compared to the national research findings.

We would like to help both schools and families understand how to identify when a child may be experiencing symptoms of Long Covid, which may be affecting them both at home and school.

If you have children/young people in your school who are presenting with symptoms that have occurred since a COVID infection and have not resolved after 4-12 weeks, please advise parents and carers to refer them to their GP to be assessed. Research shows that early intervention can help patients to recover sooner. GPs can then refer to the Long Covid Service if this is indicated or provide support directly. Our attached leaflet can provide more information.



Please could this be shared with parents and carers via your school communications where possible. Thank you.

We are hoping to offer some online training sessions for schools and make some local school visits if required. In addition, we will shortly be sending out an informational video which you may wish to share with colleagues at an appropriate time (we suggest using it for inset day training).

We hope you find this information useful.