

## Coronavirus and contact arrangements – template letter – increased risk of severe illness

Dear [NAME]

I am writing to you about child contact arrangements during the Coronavirus pandemic. The Government has put restrictions in place on everyone and we are all told we must comply with the guidance.

The most recent Government guidance can be found here: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).

All of us, whatever our situation, need to follow the stay at home guidance. You can read it here:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/874742/Full\\_guidance\\_on\\_staying\\_at\\_home\\_and\\_away\\_from\\_others\\_1\\_.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874742/Full_guidance_on_staying_at_home_and_away_from_others_1_.pdf)

The guidance states that we must all stay at home and reduce social interaction to help slow down the spread of coronavirus. The guidance for people who are considered at increased risk of severe illness from coronavirus is the same as for all of us but extra caution is recommended. You can read that guidance here:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

[NAME] is considered at increased risk of severe illness from Coronavirus because they are [REASON THEY ARE AT INCREASED RISK]. We have to be particularly careful in following social distancing measures, which includes staying at home, washing our hands a lot and avoiding unnecessary use of public transport.

I would be grateful if you would make sure you follow the guidance while [CHILD] is with you.

In the circumstances, it is safest to make some changes to the current contact arrangements for [CHILD]. I would like to work with you to agree alternative arrangements and I propose that:

- *[contact is varied to reduce the amount of travel as follows....]*
- *[to avoid non-essential use of public transport, [you/I] transport [CHILD] by car]*
- *[if either of us develop any symptoms we immediately notify the other and face to face contact is replaced with video calls during the period of self-isolation]*
- *[any proposed change necessary in your circumstances.]*

This situation is constantly changing. I suggest that we keep the arrangement under review over the coming weeks.

This is a difficult time and it is important that [CHILD] is able to stay in contact with you but we have to follow the guidance to keep everyone safe.

Please can you email me back by [*DATE*] to confirm that you agree to these changes.

[*YOUR NAME*]