

Dear parents, carers and guardians

We want to introduce you to 'Aggie the Alien', an animated character created by the local NHS (North West London Clinical Commissioning Group), to help children to understand and look after their health.

Aggie has recently landed in north west London from the planet Guppy, and is learning how humans keep healthy.

Today, Aggie is talking about Covid-19. We are out of lockdown but the virus is still around and we want to help you and your children keep safe. The worksheet is a fun way to help your children understand what a virus is and the ways to stop it spreading by:

- Washing your hands for 20 seconds with soap
- Using a tissue when you cough, sneeze or blow your nose
- Trying not to touch your nose, mouth or eyes
- Staying at home or keeping a distance when you are feeling unwell

Vaccination and visiting our vaccine bus

5-11 year olds are also now able to get a Covid-19 vaccination if you wish them to. Information on the vaccination programme for 5 -11 year olds is [available on the nhs.uk website](https://www.nhs.uk) to help you make an informed decision. Getting children vaccinated will help to protect the nation from further pandemics, particularly in the winter months.

If you do choose to get your child vaccinated, make sure you look out for our vaccine bus 'The Healthy Hopper' which will be out and about across NW London during half term.

The Healthy Hopper can vaccinate anyone over the age of 5 – so why not head down as a family if you are still in need of protection. On the bus you can also get other health advice and information.

The 'Healthy Hopper' bus will be visiting the following locations:

- **Pinkwell Primary School, Hayes, UB3 1PG**
 - o 23rd – 24th May, 3pm – 6pm
- **Northolt High School, Northolt, UB5 4HP**
 - o 25th May, 4pm – 7pm
- **Bell Square, Hounslow, TW3 3NR**
 - o 26th May, 3pm – 7pm
- **Harmondsworth Primary School, Hillingdon, UB7 0AU**
 - o 27th May, 3pm – 7pm
- **St Mary's Church, Acton, W3 9NW**
 - o 28th – 29th May, 10am – 6pm