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Directors of Education  
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31 August 2020

## Common Cold and COVID-19 Symptoms – Information for Parents and Carers

I write seeking your assistance in sharing information with parents and carers to help clarify how to manage instances where a child or young person in their care presents with a common cold or similar bug within the context of COVID-19.

The number of positive COVID-19 cases among school age children remains very low, however, following the return to in-school learning we have seen a very significant increase in the number of COVID-19 tests for pupils across Scotland. The extremely low level of positive tests suggests that a number of parents or carers may be requesting COVID-19 tests for children, and self-isolating, with infections such as the common cold, which, as you will of course know, often circulate when schools return.

Whilst it is of vital importance that everyone remains vigilant for the symptoms of COVID-19 and understand the actions to take should someone develop them, either at school or at home, it is also important that children and young people are not self-isolating when it is not required. We want to minimise any unnecessary loss of in-school learning for pupils and also avoid placing unnecessary pressure on the COVID testing capacity.

We are taking a range of steps to promote this message to parents and carers, including through information on the Parent Club website. The National Clinical Director has also prepared the enclosed advice for parents and carers, providing clarification on when pupils should and should not self-isolate and request a Covid-19 test.

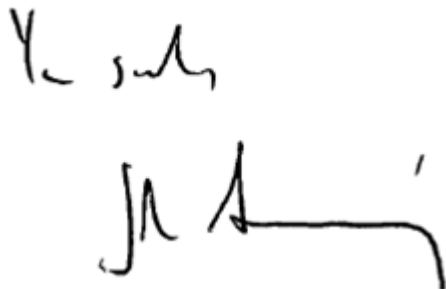
Tha Ministearan na h-Alba, an luchd-comhairleachaidh sònraichte agus an Rùnaire  
Maireannach fo chumhachan Achd Coiteachaidh (Alba) 2016. Faicibh [www.lobbying.scot](http://www.lobbying.scot)

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This National Clinical Director's letter is intended to support schools and families and I would be very grateful for your assistance in sharing it with parents and carers via your normal arrangements, as soon as practicable.

I thank you again for your continued support in reassuring staff, pupils, parents and carers and for all you and your staff are doing to minimise the risk of COVID-19 and to support our children young people. This is greatly appreciated.



**JOHN SWINNEY**

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