

January '22

Dear Parent/Carer

Secondary school

I write to confirm that your child may have had 'low risk' contact with a person who has COVID-19. This means they may have shared a classroom or had some other low risk contact in school.

There is no need for your child to isolate unless you are contacted separately by Test and Protect and asked to do so. Your child should continue to attend if they are well and do not have to self-isolate for any other reason. Whole classes are no longer asked to self-isolate if someone in the class tests positive for COVID-19. Your child will only be identified as a contact if they have had **prolonged** close contact with the case – e.g. same household, overnight stays.

Please be reassured that for most people coronavirus (COVID-19) will be a mild illness. Children are at particularly low risk of illness from coronavirus infection. For those who are eligible, vaccination is highly effective at preventing severe disease.

What we are asking you to do;

- Please be vigilant for symptoms of COVID-19. If you or anyone in your household develops symptoms of COVID-19 then some household members may need to self-isolate. If they are not fully vaccinated, they will need to isolate. If they are a fully vaccinated adult or under 18 years and 4 months, they do not need to isolate as long as they continue to return daily negative LFDs until the test result is received and follow appropriate guidance thereafter. The most common symptoms of COVID-19 are a recent onset of: new continuous cough; high temperature; or a loss of, or change in, normal sense of taste and smell. A PCR test should be booked as soon as possible for anyone who has symptoms.
- Wherever possible your child should take a lateral flow device (LFD) test before returning to school, and should continue to test regularly (twice-weekly) thereafter. Testing can help to reduce the likelihood of spread in schools by catching infections early. If the test is positive, there is no longer a requirement to book a PCR test to confirm the LFD positive result. You should only book a confirmatory PCR if the individual, parent/guardian or carer is planning on applying for the Self-Isolation Support Grant. Please ensure that all lateral flow test results, whether positive, negative or void, are recorded on the online portal at: www.covidtest.scot or by phoning 119.

To help reduce the risk to your family and your school community, please also follow wider Scottish Government guidance;

- Arrange vaccination as soon as possible, if you or anyone eligible in your family have not yet been vaccinated. Further information is available at www.nhsinform.scot/covid-19-vaccine. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell.
- Wear a face covering in line with guidance, keep your distance, keep rooms ventilated, and wash your hands with soap and water regularly.

- Adopt additional caution if meeting with friends or family who you know to be at higher levels of risk.
- You and the rest of your family, including primary school-aged children, can access free test kits through the Universally Accessible Testing programme, which is available to everyone in Scotland.

How to arrange a COVID-19 test

Lateral flow tests: Free test kits are available to all secondary school children from the school. Please contact the school directly if they have any problems accessing tests. Free at-home LFD test kits are available for you and your primary-school aged children by collection from COVID test centres or pharmacies, or delivery by ordering online. More information can be found at: www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms.

PCR tests: Book a test at NHS Inform for your nearest COVID-19 test site. There are drive-through, walk-through, and mobile testing units across Scotland which are open from 8-am until 8pm, 7 days a week. A full list of sites can be found at Gov.Scot. Or you can order a home PCR test kit online, or by calling 119. A test will then be delivered to your home. To return you can either drop the test at your nearest priority post box, or if you are unable to go out, you can also call 119 to book a courier collection from your home.

Further Information

For general Coronavirus Frequently Asked Questions and information:

<https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0> and

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Yours sincerely



Linda de Caestecker

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