

Return to school or other education setting

Information for parents and carers to support pupils returning to school

COVID-19 guidance has changed recently. Here is some information to help you and your children on return to school.

Definition of a close contact

The definition of a close contact has changed for children and young people.

For those aged under 18 years, a significant close contact is now:

- Household contacts – for example, parent or sibling
- Overnight stay – for example, sleepovers
- Intimate contact for example, kissing contact

Children are no longer considered to be contacts of one another sitting beside or interacting with one another in the classroom.



Notification of being a close contact

Test and Protect will contact you if your child is considered to be a close contact of a confirmed COVID-19 case.

Return to school or nursery if identified as a close contact

Children under the age of five years can return to nursery or school if they have no symptoms. They do not need to book a PCR test, and only need to isolate if they have symptoms.

Children aged five to 17 years must have a negative PCR test and have no symptoms before returning to school. If your child does not want to have a PCR test, they must complete their 10 day self-isolation period and not return to school.

**BACK
TO
SCHOOL**

Test regularly when you don't have symptoms

We recommend secondary school aged children:

- Take two Lateral Flow Device (LFD) tests before returning after the summer period. The second test should be the day before or day of first day back.
- Continue to complete LFD testing twice a week.
- Make sure you upload the results to the UK Government portal. Details of how to do this will be included in the test kit.



Please remember that LFD testing is only for when you have no symptoms of COVID-19. If you have symptoms you must book a PCR test.

Schools will provide LFD kits for children. This is a nasal swab only, and the results are available in 15 minutes.

Be vigilant for symptoms

If your child develops symptoms of COVID-19, they should self-isolate and book a PCR test. They should not come into school.

The main symptoms of COVID-19 are:

- new cough;
- high temperature (37.8 or above); and/or
- loss of taste and smell.

There may be other milder, hayfever like symptoms which can include sore throat, runny nose, headaches, vomiting and diarrhoea.

To book a PCR test, visit <https://www.nhsinform.scot/test-and-protect> or by calling 0800 028 2816.



Stop the spread of COVID-19

- Get the vaccine – this is the best defence against COVID-19.
 - All young people aged 16 and 17 are now being offered the COVID-19 vaccine.
 - Adults who have not had both doses encouraged to get vaccinated.
 - For details of vaccinations clinics, visit <https://www.nhs.uk/healthcare/vaccinations/coronavirus-covid-19/covid-19-vaccine/>
- Wash hands regularly.
- Test regularly.
- Be vigilant for symptoms

