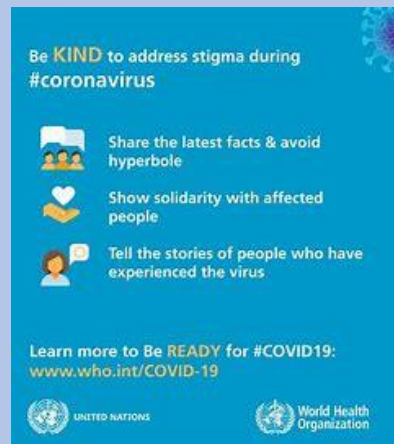


Guidance for conversations around Covid-19 Track and Trace and positive results in the school community

For children and young people

North Ayrshire Council is a Nurturing and Supportive Environment. We aim to ensure no child, young person or staff member suffers any stigma related to a conversation around Track and Trace or a positive Covid-19 diagnosis. No blame should be attached to any individual.



Ways to Reduce Stigma-

- ✓ Have kind conversations and talk about any worries you may have.
 - ✓ Listen to the facts about Covid-19.
 - ✓ Ask questions if you have concerns.
- ✓ Show support to friends or family members that may feel stigmatised. Talk to someone that can help if you feel stigmatised.
- ✓ Show support to health care workers and friends/family that may be caring for people with covid 19.
 - ✓ Show support and thanks to all who continue their essential jobs.



DO - talk about people "contracting" COVID-19. **Don't** talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame.

Ways to reduce anxiety around covid19 –

- ✓ Be aware of feelings you may have.
- ✓ Talk to someone (family or friends) about how you feel.
 - ✓ Stick to the facts around Covid-19
- ✓ Try to avoid watching too much on the news
- ✓ Remember that social distancing and other guidelines are not a punishment.

We are all working together to ensure everyone stays safe.