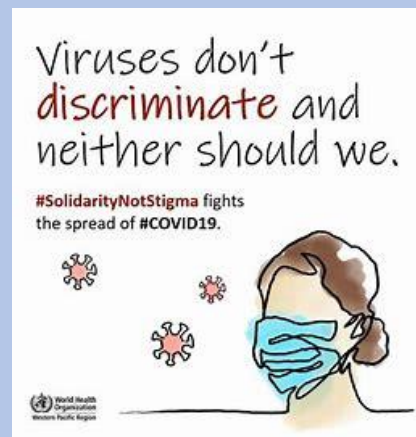


Guidance for conversations around Covid-19 Track and Trace and positive results in the school community

Parents and Carers

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 be available to discuss worries.
- ✓ Talk about the facts from reputable sources e.g. NHS Scotland.
- ✓ Answer questions honestly using evidence. Speak up if you hear inaccurate information.
- ✓ Reach out to people who may feel stigmatised. Ask how you can help.
- ✓ Show support for health care workers and others who are caring for people with covid19.



Do - talk about people "acquiring" or "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 covid-19-

- ✓ Be aware of any feelings and talk about them.
- ✓ Reach out to support others and ask for help if you need it.
- ✓ Stick to the facts around Covid-19.
- ✓ Try to avoid watching too much on the news.
- ✓ Reassure other parents and family members that social distancing and government guidelines are not a punishment. We are all working together to ensure everyone stays safe.