



**Department of Public Health
NHS Lanarkshire Headquarters
Kirklands Hospital
Public Health Department
Fallside Road
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Dear Staff Member

Nursery/Primary/Secondary

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

There is no need for you to isolate unless you are contacted separately by Test and Protect and asked to do so. You should continue to attend if you 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. You will only be identified as a contact if you 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 people 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 all household members must self-isolate. A PCR test should be booked as soon as possible for anyone who has symptoms. Your whole household should stay at home until the test result comes back.
- Wherever possible you should take a lateral flow test before returning to school, and should continue to test regularly (twice-weekly) thereafter.

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.
- 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>

[Translations \(nhsinform.scot\)](https://www.nhsinform.scot) for accessible, easy read formats or other languages.

For local information and details of the services available in Lanarkshire:

<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/>

Yours sincerely



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