

Date 19 January 2022

Dear Parent/Carer

CHILD COVID-19 INFORMATION LETTER

The following information has been prepared to answer questions that you may have about COVID-19 and nursery or school aged children.

1. What will happen if there is a case of COVID-19 (Coronavirus) in my child's class/school?

- Whole classes ('bubbles') will not be asked to self-isolate if someone within that class/bubble tests positive for COVID-19.
- Your child would only be identified as a contact if they have had prolonged close contact with the case (someone who tests positive for COVID-19) e.g. same household, overnight stays.
- There will be no requirement for you or your child to self-isolate unless your child develops symptoms, or you are advised to by Test and Protect.
- All close contacts identified by the case who need to take specific actions, and where the case has provided telephone details for them, will receive digital communication from Test and Protect. They will be advised to follow the latest guidance on self-isolation and testing. Information on the latest self-isolation requirements can be found on the NHS inform website: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-households-with-possible-coronavirus-infection>

2. Regular testing

- Regular testing even when you don't have symptoms can help keep you and your community safe.
- Adults in your family and primary school age school-aged children, can access free test kits through the Universally Accessible Testing programme, which is available to everyone in Scotland. Free at-home LFD test kits are available for collection from COVID test centres or pharmacies, or delivery by ordering online: www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms
- If you have a child at secondary school, they can access free LFD tests from the school to allow them to test twice-weekly at home as long as they have no symptoms.

Everyone has the best care experience possible

Headquarters: Ninewells Hospital & Medical School,
Dundee, DD1 9SY (for mail) DD2 1UB (for Sat Nav)

Chair, Lorna Birse-Stewart
Chief Executive, Grant R Archibald

3. Book a test if you or your child develop symptoms

- Please be vigilant for symptoms of COVID-19. If your child develops any symptoms of COVID-19 they must not attend nursery, school or child aftercare or clubs. They should stay at home, self-isolate and get tested for COVID-19.
- Close contacts (including household members) must follow the latest guidance regarding testing and self-isolation which is available on NHS Inform <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-households-with-possible-coronavirus-infection>

4. How to stop Covid-19 spreading

There are things you can do to reduce the risk of you and anyone you live with getting ill with COVID-19.

Do:

- Get vaccinated if you haven't already done so and are eligible. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell. If anyone who is eligible in your family or home have not yet been vaccinated, then they should arrange vaccination as soon as possible. This could also help you avoid having to self-isolate in the future. Information on how to arrange a vaccination can be found on NHS Inform.
- Open windows/doors regularly to ventilate your home.
- Maintain good hand hygiene, regularly wash your hands with soap and water for at least 20 seconds or use hand sanitiser gel if soap and water are not available.
- Avoid direct contact with people that have a respiratory illness and avoiding using their personal items such as their mobile phone.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and put used tissues straight in the bin and wash your hands.
- Be vigilant for COVID symptoms and self-isolate when you have COVID symptoms or have been advised to by Test and Protect.
- Wear a face covering in line with current guidance.

Further Information – For General Coronavirus Frequently Asked Questions and information: <https://www.parentclub.scot/topics/coronavirus>

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

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

<https://www.taysidecares.co.uk/>

Yours sincerely



Dr Emma Fletcher
Director of Public Health