



Department of Public Health
NHS Lanarkshire Headquarters
Kirklands Hospital
Public Health Department
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Dear Parent/Carer

COVID-19 information letter for nurseries

The following information has been prepared to answer questions that you may have about COVID-19 and nurseries.

1. What will happen if there is a case of COVID-19 (Coronavirus) in a nursery?

- Whole classes ('bubbles') are no longer routinely asked to self-isolate if someone in the nursery 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 contacted by Test and Protect.**
- All close contacts of the case **who need to take specific actions** will be identified, contacted and advised by Test and Protect to follow the latest guidance on self-isolation and testing.

Further information on the latest self-isolation requirements can be found on the NHS Inform website at: www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19 or [Translations \(nhsinform.scot\)](#) for accessible, easy read formats or other languages.

Children under 5 who are close contacts do not need to self-isolate or take daily LFD tests, but are recommended to take a LFD test.

If the child under 5 has symptoms or develops symptoms then they should take a [PCR test](#).

[Coronavirus \(COVID-19\): Self-isolation guidance for individuals with possible coronavirus infection | NHS inform](#)

2. Regular testing

- Regular testing even when you don't have symptoms can help keep you and your nursery 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. If you or your child has a positive LFD test this no longer needs to be confirmed by PCR. You should follow the advice on NHS Inform for cases and contacts of a confirmed case of COVID-19.

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

- Please be vigilant for symptoms of COVID-19. If you or anyone in your household develops symptoms of COVID-19 a PCR test should be booked as soon as possible for anyone who has symptoms. While waiting for the PCR test results some of the household may need to isolate. If they are a fully vaccinated adult (have received 3 doses of the vaccine with 14 days passing since their booster jab) or aged under 18 years and 4 months, they do not need to isolate as long as they undertake daily LFDs and these are negative. If they are an adult who is not fully vaccinated (have not had 3 doses of the vaccine) they will need to isolate until the PCR result is received and then follow the appropriate advice if the result is positive.

If anyone in the house tests positive for COVID-19 either through a PCR or LFD test, contacts should follow the appropriate guidance from NHS Inform. <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-individuals-with-possible-coronavirus-infection>

- 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.

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.
- Regularly wash your hands with soap and water for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available

- 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.
- Open windows/doors regularly to ventilate your home
- Be vigilant for COVID symptoms and self-isolate when you have COVID symptoms or have been advised to by Test and Protect.

Further Information - For general Coronavirus Frequently Asked Questions and information:

[Coronavirus | Parent Club](#)

[Coronavirus \(COVID-19\): Guidance for households with possible coronavirus infection | NHS inform](#)

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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