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To Parents, Carers and Young People

As I've tried to do throughout the pandemic, I wanted to share the latest advice about the way we are managing Covid-19.

From Sunday 1 May, public health advice will change to a 'stay at home' message and replace self-isolation for people who have symptoms or have tested positive for Covid-19.

As a result, people who have symptoms of Covid-19 and who have a fever or are too unwell to carry out normal activities will be asked to stay at home while they are unwell or have a fever. They will no longer be advised to take a PCR test.

These changes will also see testing for the general population and most contact tracing end on 30 April.

What this means in practice is that children and young people (those aged 18 and under) with mild symptoms such as a runny nose, sore throat, or slight cough - but who are otherwise well - do not need to stay at home and can continue to attend education settings.

They should only stay at home if they are unwell and have a high temperature. They can go back to school, college or childcare, and resume normal activities when they no longer have a fever and they feel well enough to attend.

This guidance differs slightly to that for adults, and reflects the fact that children and young people generally have a higher likelihood than adults of regular instances of respiratory symptoms from non-Covid illnesses.

Further information on the stay at home guidance and measures you can take to limit the spread of Covid-19 can be found at [Changes from 1 May - Coronavirus \(COVID-19\): staying at home - gov.scot \(www.gov.scot\)](https://www.gov.scot/changes-from-1-may-coronavirus-covid-19-staying-at-home) and from 1 May on [nhsinform.scot/covid19](https://nhsinform.scot/covid19).

I hope that everyone has settled back into a normal routine following the Spring break, and best wishes to all those sitting exams in the next few weeks.

Regards,

Jason Leitch  
National Clinical Director

