Lothian NHS Board

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Advice to Parents/Carers

Dear Parent/Carer

In recent days we have been made aware of a member of the St John's school community in P3 who has tested positive for COVID-19. This letter is to inform you that your child has been identified as having been in **'low risk' contact** with this person. This means they may have shared a classroom or had some other low risk contact in school.

There is no need for your child to isolate or take daily LFD tests unless contacted separately by Test and Protect and asked to do so. School remains open and your child should continue to attend if they are well.

The public health judgement that these types of contact are low risk is based on a range of factors, including vaccination rates, evidence about transmission from children and young people, and the low risk of direct health harms to children.

If they develop any **symptoms**, your child must not come to school. They must isolate and you must book a PCR test through **www.nhsinform.scot** or by phoning 119 if you cannot book online. The cardinal symptoms of coronavirus (COVID-19) are recent onset of: new continuous cough; high temperature; or a loss of, or change in, normal sense of taste or smell (anosmia). Whilst the test result is awaited, the rest of the household should follow the advice specific to their vaccination status or age, as set out for contacts of cases in **NHS Inform**.

Please be reassured that for most people coronavirus (COVID-19) will be a mild illness. Children are at particularly low risk of illness and, although our understanding of the Omicron variant is evolving, there is no evidence of a higher risk at present. For those people who are eligible, vaccination, including a **booster dose**, is highly effective at preventing severe disease.

To help reduce the risk to your family and your school community, please also:

- Ensure your child **takes a one-off lateral flow test / LFD before returning to school.** This can help reduce the likelihood of spread in schools, by catching infections early.
    - If your child is in primary school, you can support them to take a test before returning if you and they are comfortable in doing so. There is no need for your child to continue to test regularly as part of attending primary school.
    - If your child is in secondary school, they should take a test before returning wherever possible, and continue to test regularly (twice-weekly) thereafter.
    - 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**.
    - 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.
    - Please ensure that all test results, whether positive, negative or void, are recorded on the online portal at: **www.covidtest.scot** OR by phoning 119.
- Ensure everyone in your household is **up to date with their vaccination**, including the **booster.** If you or anyone eligible in your family have not yet been vaccinated or boosted visit **www.nhsinform.scot/covid-19-vaccine**. **Vaccination** is our best defence against COVID-19 causing anyone to become seriously unwell.
- Adopt **additional caution** over the next 10 days if meeting with friends or family who you know to be at higher levels of risk by e.g. testing before you meet up; wearing a mask; or meeting outdoors.
- Wear a **face covering** in line with guidance, keep your **distance**, keep rooms **ventilated**, and **wash your hands** with soap and water regularly.

You can find more trusted advice on **www.nhsinform.scot**.

Yours faithfully

Health Protection Team
NHS Lothian