Lothian NHS Board

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NHS Lothian

Confidential:
To Parents/Carers of a close contact
of a COVID-19 Case

Date   15 June 2021
Your Ref   HPT/KD/fs
Our Ref   Health Protection Team

Enquiries to Health Protection Team
Extension   35420/35422
Direct Line 0131 465 5422/5420
Email health.protection@nhslothian.scot.nhs.uk

COVID-19 information letter to parents/carers of a child who has been identified as a close contact of someone who has tested positive for COVID-19

Dear Parent/Carer,

There has been a confirmed case of COVID-19 within **Roseburn Primary School.**

Your child in p3 has been assessed by Public Health as having been in close contact with the case. In line with the national guidance your child must now stay at home and self-isolate until 19 June 21 **inclusive** (10 days after contact).

We are asking your child to do this to help stop the spread of COVID-19.

Please note, we are now advising anyone who is identified as a close contact to go for a COVID-19 PCR test as soon as they are able to, even if they do not have symptoms (anyone who has tested positive for COVID-19 within the last 90 days should not take part in this testing if they currently do not have any symptoms). This is to help identify any further cases quickly and to prevent any potential spread of the virus. However, please note that **a negative test result does <u>not</u> shorten the length of your child's isolation period.**

Other household members of your child (including yourself) do not need to self isolate, and can continue their normal activities, as long as your child does not develop symptoms of COVID-19 and does not test positive at any point for COVID-19.

You can book a test for your child by following this link:
https://www.gov.uk/get-coronavirus-test or calling this number: 0300 303 2713.
And answer 'Yes' to the statement: "My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms".

If the test result is negative, your child should continue to isolate for the whole isolation period. They should do this as a precaution because as a contact, they may have been exposed to the virus, and so may still develop coronavirus within the remaining days. They can return to school and other activities after this isolation period if they are well (as per standard school illness policy), and as long as they have not developed any symptoms of COVID-19 (a new continuous cough and/or a high temperature and/or a loss of, or change in, taste or smell). Other household members of your child (including yourself), however, do not need to self isolate, and can continue their normal activities

as long as your child does not develop symptoms.

If the test is positive, your child should continue to self-isolate and someone from Test and Protect will contact you with more information. **The rest of the household (including yourself) must now also stay at home and self-isolate as soon as the positive test result is received.**
What to do if your child develops symptoms of COVID-19

- If your child develops symptoms of COVID-19 they must continue to self isolate and stay at home. They should get tested for COVID-19 with a PCR test (note - this may mean they are being tested for a second time during their isolation period). Find out more on [NHS Inform](#). The symptoms of coronavirus (COVID-19) are:
    - o a new continuous cough and/or
    - o a high temperature and/or
    - o a loss of, or change in, taste or smell (anosmia).

- All other household members of your child (including yourself) must **now** stay at home and self-isolate from the point your child's symptoms started. They should remain in isolation until the result of the test is received. The household should then follow the advice that will be given with the test result.

    - o **If your child's test is positive**, your child should remain in self-isolation for at least 10 days from the date their symptoms started. The rest of the household must remain in self-isolation for the full 10 days from the day when your child first had symptoms:
        - o Household members should not go to work or school. No one should visit your house. No one should leave your house to go to shops, public areas, or use public transport. See website below for more information.
            - ▪ https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/who-needs-to-self-isolate/

        - o Staying at home for 10 days will help stop the spread of coronavirus

        - o If someone else in the household goes on to develop symptoms of COVID-19 in this 10 day period, then they should continue to self-isolate and arrange to be tested.

    - o **If your child's test is negative**, they must continue to self-isolate for the whole isolation period advised, despite the negative COVID-19 test result, **because they been identified as a close contact of a COVID-19 case**. They should do this as a precaution because as a contact, they may have been exposed to the virus, and so may still develop coronavirus within the remaining days. They can then return to school once their self-isolation period has ended if they are well (as per standard school illness policy), and as long as they have not developed any further symptoms of COVID-19. Other household members of your child (including yourself) who were self-isolating because your child developed symptoms, can come out of self-isolation and return to their usual activitives once the negative test result for the child who had symptoms is received.

- **It is important** that anyone with one or more of the COVID-19 symptoms gets tested, so that anyone who tests positive knows to continue to stay at home (with their household) and self-isolate. This will help stop the spread of coronavirus.

For most people, coronavirus (COVID-19) will be a mild illness.

If your child develops symptoms you can seek advice from NHS Inform.

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:*

- regularly wash your hands with soap and water for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues straight in the bin and wash your hands.

Further Information
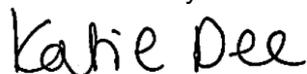
For School related Coronavirus FAQs:
https://www.nhslothian.scot/Coronavirus/Parents/Schools/Pages/default.aspx

For general Coronavirus FAQs and information:
https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0

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

Yours sincerely

Katie Dee

Katie Dee
Interim Director of Public Health and Health Policy