

**To all currently isolating  
close contacts / parents/carers  
of close contacts of a COVID-19 Case**

Date 13 December 2020  
Your Ref HPT/CS/14to10  
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](mailto:health.protection@nhslothian.scot.nhs.uk)

Dear Parent / Carer / Colleague

The Scottish Government have announced that anyone required to self-isolate, due to contact with someone who has had a positive test for coronavirus (COVID-19) will need to do so for 10 days following updated clinical advice.

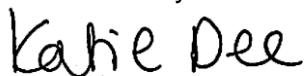
The change, taking effect from Monday 14 December 2020, will apply as follows:

- Someone who, from 14 December, has been contacted through Test and Protect; their Local Health Board or Education Authority and have been notified to self-isolate, should do so for 10 days.
- Someone who was previously instructed to self-isolate will, from 14th December, be able to stop self-isolating ten days from when they were first notified to do so.
- Close contacts include members of the same household who test positive for COVID-19 – from 14<sup>th</sup> December, will now only need to isolate for 10 days, rather than 14.

This change applies only to those people who are contacts of cases, not cases themselves for whom the isolation period remains unchanged.

For more information please visit: [www.gov.scot/news/reduction-in-self-isolation](http://www.gov.scot/news/reduction-in-self-isolation)

Yours faithfully



**Katie Dee**  
**Interim Director of Public Health and Health Policy**