

**Confidential**  
**Advice to All - Single case**

Date 31 March 2021  
Your Ref HPT/DMcC/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](mailto:health.protection@nhslothian.scot.nhs.uk)

Dear Parent/Carer/Staff

There has been a confirmed case of COVID-19 connected to the school.

Any children/staff members who have been in direct contact with the confirmed case will have been contacted and will be staying at home for 10 days.

The school remains open and if you or your child has not been contacted then you should continue to attend school if you remain well.

**What to do if you develop symptoms of COVID-19**

- If you develop symptoms of COVID-19 you must not come to the school. You should stay at home from when your symptoms started, self-isolate, and get tested for COVID-19. Find out more on [NHS Inform](https://www.nhs.uk/infomanagement/). 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 your other household members must also stay at home and self-isolate as well until the result of the test is received. The household should then follow the advice that will be given with the test result.
- If the test is positive, you should remain in self-isolation for at least 10 days from the date your symptoms started, and the rest of the household must remain in self-isolation for the full 10 days from the day when you 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

- 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.
- If your your test is negative, you can come out of isolation and return to the school if you are well enough to do so, and you have not had a fever for 48 hours. The rest of the household can also come out of self-isolation and return to their usual activities.
- **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 you develop symptoms you can seek advice from [NHS Inform](#).

**How to stop COVID-19 spreading**

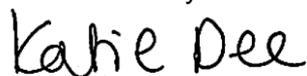
There are things you can do to reduce the risk of you and anyone you live with getting ill with COVID-19. *Do:*

- 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**

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

Yours sincerely



**Katie Dee**  
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