

Date 01 October 2021

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Dear Parent or Guardian

We are no longer asking everyone with “wider symptoms” to take a PCR test for COVID-19. Instead we are asking people to **follow the standard advice from NHS Inform**. I am writing to explain this change.

We were previously asking everyone with “wider symptoms” such as sore throat, diarrhoea, headache, chills or muscle pains to take a PCR test. We knew this was not standard across the country but we wanted to identify everyone who had COVID-19. But as we move into the season of common colds and other ‘bugs’ we know that these are often the cause of wider symptoms.

So we have decided that, on balance, we should now return to asking everyone to follow the standard advice from NHS Inform: **anyone with a new continuous cough, fever/high temperature (37.8C or greater) and/or loss of/change in taste or smell should self-isolate and take a PCR test**. Their household should also isolate and seek testing. Detailed advice is available at <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>.

Anyone who is unwell with other symptoms should stay home until they are better. Information on where to obtain healthcare advice is available at <https://www.know-who-to-turn-to.com>.

We do continue to otherwise recommend everyone take a Lateral Flow Device (LFD) test twice a week.

Thank you for your continued efforts to minimise the spread of infection this year.

Yours sincerely

Chris Littlejohn

Chris Littlejohn
Consultant in Public Health