

Dear Parent/Carer,

As per NHS Guidelines, we have to send this new NHS Low Risk letter to all parents/carers today as a result of one new positive covid case identified in our S3 year group and we are thinking about this pupil and their family just now.

However, please read the letter carefully, and note that you only need to take action if the 'Test and Protect' contact you directly to tell you that your child/children has/have been identified as a close contact.

The new definition of **Close Contacts for under 18s** includes those pupils who have had a recent sleep over, have recently stayed in the same household or have had recent intimate contact with a person who has tested positive.

The wording of this letter appears more alarming that it is, but to clarify, the risk has not changed, but the name of the letter has from 'Warn and Inform' to 'Low Risk' as per NHS guidelines to schools. Thank you for your patience as we deal with the ever-changing situation and protocols that schools have to follow.

Thank you, P Buchan Rector

NHS Low Risk Letter – Tues 5.10.21

Dear Parent/Carer,

In recent days we have been made aware of a member of our school community in S3 who has tested positive for COVID-19. Our thoughts are with them and their family at this time and we hope for a speedy recovery.

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 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.

Please be reassured that for most people coronavirus (COVID-19) will be a mild illness. Children are at particularly low risk of illness from coronavirus infection. For those people who are eligible, vaccination is highly effective at preventing severe disease.

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

- **Ensure your child takes a lateral flow test before returning to school wherever possible**, and continue to test regularly (twice-weekly) thereafter. This can help reduce the likelihood of spread in schools, by catching infections early.
 - Free at-home LFD test kits are available 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.
 - Your child should not take a lateral flow test if they have tested positive for coronavirus in the last 90 days.
- **Arrange vaccination** as soon as possible, if you or anyone eligible in your family have not yet been vaccinated. www.nhsinform.scot/covid-19-vaccine. **Vaccination** is our best defence against COVID-19 causing anyone to become seriously unwell.
- Wear a **face covering** in line with guidance, keep your **distance**, keep rooms **ventilated**, and **wash your hands** with soap and water regularly.

What to do if you or your child develop symptoms

If you or your child develop a new continuous cough, or high temperature, or a loss of/ change in sense of taste or smell, your child must not come to school. The symptomatic person should arrange a PCR test as soon as possible, and the whole household should stay at home until the test result comes back.

Due to the high number of cases currently in Grampian, the NHS health protection team is also encouraging people who live or work in this area with “extended symptoms” to stay at home and book a PCR test. Extended symptoms include: general weakness, sore throat, shortness of breath, diarrhoea, headache, chills, muscle pain, or dry or productive cough. There is no need for the rest of the individual’s household to self-isolate.

PCR tests can be ordered at <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/> or by phoning 119 if you cannot book online. When booking a test due to extended symptoms online, individuals should select the "My local council or health protection team has asked me to get a test" option. Further information on testing, and the rules around self-isolation, can be found on www.nhsinform.scot. If you are struggling to book a test you can call the NHS Grampian testing helpline on 01224 558494.

Yours faithfully,

Pauline Buchan

Head Teacher