

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

Date 12 December 2020  
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

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

Children who have been in direct contact with the confirmed case have been contacted and will be staying at home for 14 days.

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

**What to do if your child develops symptoms of COVID-19**

- If your child develops symptoms of COVID-19 they must not come to school. They should stay at home for at least **10 days** from when their symptoms started. Anyone with symptoms should get tested for COVID-19. Find out more on [NHS Inform](https://www.nhs.uk/health-a-z/coronavirus/covid-19-test-and-protect/).
- All other household members must stay at home for 14 days.
- The 14-days start from the day when the first person in the house became ill.
- 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/>
- Staying at home for 14 days will help stop the spread of coronavirus.

## Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are:

- a new continuous cough and/or
- a high temperature and/or
- a loss of, or change in, taste or smell (anosmia).

**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

Further information is available at:

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

<https://www.gov.scot/coronavirus-covid-19/>

Yours sincerely

**Consultant in Public Health Medicine**