

**Confidential:**

To Parents/Carers of close contact  
of a COVID-19 Case

Date 12 December 2020  
Your Ref HPT/RO/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 Brunstaneschool.

Your child has been assessed by Public Health as having been in close contact with the case. In line with the national guidance your child must now stay at home and self-isolate until **18/12/20 inclusive** (14 days after contact).

We are asking your child to do this to help stop the spread of COVID-19.

Other household members of your child (including yourself), however, do not need to self isolate, and can continue their normal activities as long as your child does not develop symptoms.

If your child is well at the end of the 14 days, then they can return to usual activities, including school.

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

- If your child develops symptoms of COVID-19 they must continue to self isolate and stay at home. They should get tested for COVID-19. Find out more on [NHS Inform](#). 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 other household members of your child (including yourself) must **now** stay at home and self-isolate from the point your child's symptoms started. They should remain in isolation 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, your child should remain in self-isolation for at least 10 days from the date their symptoms started. The rest of the household must remain in self-isolation for the full 14 days from the day when your child first had symptoms:

- 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
  - If someone else in the household goes on to develop symptoms of COVID-19 in this 14 day period, then they should continue to self-isolate and arrange to be tested.
- If your child’s test is negative, they should remain in isolation until **18/12/20** (once the initial 14 day isolation period is completed). They should do this as a precaution because as a contact, they may have been exposed to the virus, and so may still develop coronavirus within the remaining days. They can then return to school after this period if they are well enough to do so (as per standard school illness policy), and as long as they have not developed additional symptoms of COVID-19, and have not had a fever for 48 hours. The rest of the household can come out of self-isolation and return to their usual activities once the test result returns negative.
- **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 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:

For School related Coronavirus FAQs:

<https://www.nhslothian.scot/Coronavirus/Parents/Schools/Pages/default.aspx>

For general Coronavirus FAQs and information:

<https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0>

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

Yours sincerely



**Alison McCallum**  
**Director of Public Health and Health Policy**