Dear Parent,

In recent days we have been made aware of a member of our school community [in class XX] who has tested positive for COVID-19. 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.

If they develop any **symptoms**, your child must not come to school. They must isolate and you must book a PCR test through [www.nhsinform.scot](http://www.nhsinform.scot) or by phoning 119 if you cannot book online. The cardinal symptoms of coronavirus (COVID-19) are recent onset of: new continuous cough; high temperature; or a loss of, or change in, normal sense of taste or smell (anosmia).

Please be reassured that for most people coronavirus (COVID-19) will be a mild illness. Children are at particularly low risk of illness and, although our understanding of the Omicron variant is evolving, there is no evidence of a higher risk at present. For those people who are eligible, vaccination, including a **booster dose**, is highly effective at preventing severe disease.

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

* Ensure your child **takes a one-off** **lateral flow test / LFD before returning to school.** This can help reduce the likelihood of spread in schools, by catching infections early.
  + There is no requirement for your child to test daily in order to leave isolation.
  + If your child is in primary school, you can support them to take a test before returning if you and they are comfortable in doing so. There is no need for your child to continue to test regularly as part of attending primary school.
  + If your child is in secondary school, they should take a test before returning wherever possible, and continue to test regularly (twice-weekly) thereafter.
  + Free at-home LFD test kits are available for you and your primary-school aged children 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](http://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](http://www.covidtest.scot) OR by phoning 119.
* Ensure everyone in your household is **up to date with** **their** **vaccination**, including the **booster.** If you or anyone eligible in your family have not yet been vaccinated or boosted visit [www.nhsinform.scot/covid-19-vaccine](http://www.nhsinform.scot/covid-19-vaccine). **Vaccination** is our best defence against COVID-19 causing anyone to become seriously unwell.
* Adopt **additional caution** over the next 10 days if meeting with friends or family who you know to be at higher levels of risk by e.g. testing before you meet up; wearing a mask; or meeting outdoors.
* Wear a **face covering** in line with guidance, keep your **distance**, keep rooms **ventilated**, and **wash your hands** with soap and water regularly.

You can find more trusted advice on [www.nhsinform.scot](http://www.nhsinform.scot).

Yours faithfully

Head Teacher