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Dear Parent/Carer

You will be aware of the changing situation in relation to Coronavirus COVID-19 across the world. We are monitoring the situation closely and working with our partners in Public Health and the Government, and following national guidance at all times.

A number of you may be concerned about having recently travelled from Europe or being about to travel and I am writing to you to provide the following updated information.

Advice on travel by the Foreign and Commonwealth Office changed yesterday evening (8 March 2020) in relation to the lockdown area in Northern Italy. The lockdown area has been widened substantially and now includes Milan, Bergamo and other parts of Northern Italy. See [map](#) showing new Category 1 areas. Full advice and information can be found at the following website: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

The advice for "Category 1" areas is that anyone returning in the last 14 days should self isolate for a period of 14 days, even if they do not have symptoms. *For example, if someone travelled from Milan (which is now in the lockdown area) 7 days ago, they should self isolate for the next 7 days.* See advice below:

Returning travellers

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days, even if you do not have symptoms:

- Iran
- Hubei province in China
- [lockdown areas in northern Italy](#)
- [special care zones in South Korea](#)

Stay indoors and avoid contact with other people if you've travelled to the UK from the [affected places](#) in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild: Use the [111 online coronavirus service](#) to find out what to do next. Do not go to a GP surgery, pharmacy or hospital. In Scotland call your GP or NHS 24 on 111 out of hours.

We value the health and wellbeing of our students, staff and families. If you are concerned and have any further queries about whether your child should attend school, please contact the school.

Yours faithfully

Dr J Vance
Rector

The Highland Council, Care and Learning Service - South Area