

Your Ref: -  
Our Ref: DM/  
Date: 9<sup>th</sup> September 2021

Dear Parent/Carer

I wish to express my sincere thanks to all parents and carers for their patience and support in the last two weeks in these very challenging circumstances that we have faced. We continue to work closely with the Health Protection Team to make parents and families aware of how COVID-19 is managed within schools.

Public health advice is as follows:

Children who are sick should not attend school and where a child has symptoms that could be from COVID they should stay at home and have a PCR test booked. Once well and with a negative PCR test, they can return to school.

If a case of COVID arises in a member of staff or student at a school, letters will be issued to those who have been in contact with the case which will explain what action needs to be taken.

There will be no need for school contacts to self-isolate unless they are contacted by Test and Protect. In the event of further cases in the school, additional action will be taken and in the event of a significant outbreak advice will be sought from the Health Protection Team and actions undertaken depending on the specific circumstances.

We will work together to inform you where there is a confirmed case of the virus in your school. In keeping with Scottish Government's updated policy for school settings, parents of pupils in the classes involved will also receive information issued by the school, with clear instructions on what to do next.

Further known or suspected cases within the school are immediately referred to the Health Protection Team who then risk assess the situation and coordinate the response and any communication around this.

We are sharing information as readily as we can, but we must also protect confidential patient information and can only issue health related information and advice approved by the Health Protection Team.

You can help us to manage the spread of the virus. If your child has symptoms that could be from COVID they should stay at home and have a PCR test booked.

In line with [national guidance](#), it's very important that you stay at home (self-isolate) if:

- you have symptoms that may be caused by coronavirus (COVID-19)
- you've had a positive test result
- someone you live with has symptoms but has not yet been tested or received their test result

Household isolation will help to control the spread of the virus to friends, the wider community and the most vulnerable.

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

- a new continuous cough and/or
- high temperature
- a loss of, or change in, normal sense of taste or smell

People with COVID-19 can present with a wide range of symptoms including headache, sore muscles and joints, excessive tiredness, sore throat, cold-like symptoms and diarrhoea and vomiting.

Thank you for your cooperation and understanding in this challenging and changing situation.

Yours faithfully



**Donna Manson**  
**Chief Executive**

NHS Highland have been seeing very high rates of COVID-19 across Highland in recent weeks and advise that you try to minimise contact with others as much as possible during this period.

You can also help reduce the risk of you and anyone you live with getting ill with COVID-19.

**Please do:**

- get vaccinated if you haven't already done so and are eligible. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell. If anyone who is eligible in your family or home has not yet been vaccinated then they should arrange vaccination as soon as possible.
- 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 in the bin immediately and wash your hands afterwards
- open windows/doors regularly to ventilate your home
- be vigilant for COVID-19 symptoms
- self-isolate when you have symptoms or have been advised by the contact tracing team