

Dear AHS Parents and Carers

I hope this finds you well today. I am just sending a brief up-date on Covid-19 related matters in AHS this morning.

Those of you with children in S1 and S2 will already know that we issued the NHS letters to S1 on Friday afternoon, and to S2 this morning, following one positive case in each year group. Very few members of AHS staff are at home today for Covid-19 related reasons.

That said, as we all know, things can change quickly in our school community, and we should continue to follow the advice from NHS Shetland outlined below. Please do make sure your child comes to school with a face covering.

Thank you very much to S6 parents/carers for your feedback on the online parents' evening last week. We are looking forward to seeing S5 on our screens tonight.

Best regards

Valerie M L Nicolson  
Head Teacher

Anderson High School, North Loch Drive, Lerwick, Shetland. ZE1 0GR.

01595 808008

[www.anderson.shetland.sch.uk](http://www.anderson.shetland.sch.uk)

## NHS Shetland Advice

If you or your child do develop any **symptoms** of COVID-19, they must not come in to school – they should request a PCR test as soon as possible, and your whole household should stay at home until the test result comes back. PCR tests can be ordered using the online form available via the NHS Shetland website homepage: [www.shb.scot.nhs.uk](http://www.shb.scot.nhs.uk)

- It is highlighted in yellow "[self-refer for PCR Covid test](#)".
- Once you have completed this form a local coordinator will be in touch to discuss the next steps.
- If you **do not** have access to the internet, you can call the team on 01595 532030.  
Mon to Fri 0900-1230 and 1400-1700  
Sat and Sun 1000-1230.

Further information on testing, and the rules around self-isolation, can be found on [www.nhsinform.scot](http://www.nhsinform.scot)

The most common 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 from coronavirus infection. For

those people who are eligible, vaccination is highly effective at preventing severe disease. To help reduce the risk to your family and the school community, please also consider the following points:

- **It may be recommended that your child takes a lateral flow test before they next come to the school.** This can help reduce the likelihood of spread in schools, by catching infections early.
  - **As your child is in secondary school,** they should take a test before returning wherever possible, and continue to test regularly (twice-weekly) thereafter.
  - 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.
  - Free at-home LFD test kits are also available for you and any primary-school aged children you may have by collection from:
    - Local pharmacies; Brae, Scalloway, Boots and Laing's Kantersted.
    - Local Health Centres; Unst, Yell, Whalsay and Walls.
    - The Test & Protect Office at Greenhead Brae, Lerwick from 8am-5pm, Monday - Friday.
    - 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)
  - 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.
  - Your child should **not** take a lateral flow test if they have tested positive for coronavirus in the last 90 days. They must request a PCR test if they develop **new** symptoms.
- **Arrange vaccination** as soon as possible, if you or anyone eligible in your family have not yet been vaccinated. [www.nhsinform.scot/covid-19-vaccine](http://www.nhsinform.scot/covid-19-vaccine). **Vaccination** is our best defence against serious illness from COVID-19.
- **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)