NHS Shetland

Dear S2 Parent/Carer,

We have been made aware that a member of our school community in Secondary 2 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 the school.

There is no need for your child to isolate unless contacted separately by Test and Protect and asked to do so. The school remains open and your child should continue to attend if they are well.

The public health judgement is that these types of contact are low risk based on a range of factors, including vaccination rates, evidence about transmission from children and young people, and the low risk of direct health harm to children.

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**

- 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**

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**
- Please ensure that all test results, whether positive, negative or void, are recorded on the online portal at: **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.** **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**

Yours sincerely

Valerie M L Nicolson
Head Teacher