

NHS Forth Valley

Carseview House
Castle Business Park
Stirling
FK9 4SW

Date	30 March 2021
Your Ref	Schoolcovid19
Enquiries to	Health Protection Team Fv.contacttracingteam@nhs.scot

Dear Parents/Carers

Public Health COVID-19 information to parents/carers, staff and pupils

Thank you for your continued support in getting children and young people back to school as safely as possible.

The measures that schools have in place, and the Scottish Government guidance for when children and young people are not in school, are vital for keeping the Covid virus under control and continuing to protect us all. Everything you do to follow these measures will keep the spread of the virus down and help to ensure the smooth and full reopening of schools.

In addition, as lockdown measures slowly ease and in anticipation of the Easter holidays, we would like to reinforce the following specific messages:

1. Limit gatherings and avoid car sharing

Parents/carers should only allow children to play in small, outdoor groups. At this time large gatherings, outside of school such as parties, **should not be happening, even outdoors.**

Even though children are now starting to meet more in the school environment, this does not mean they should meet more outside school. Schools have a lot of safety measures, such as hand hygiene stations, limiting mixing of pupils and regular cleaning regimes that reduce risks, which are not as easily followed out with the school environment.

Although children under 12 are not counted towards households or numbers when meeting outside, working within the 'spirit' of the guidance and limiting the mixing of our children is the best way to help us all get back to 'normal' as quickly as possible.

2. Close contacts to isolate and get tested

Anyone who is identified as a close contact of someone who tests positive for COVID-19 should self-isolate at home (including isolating from their household members as much as possible) for the full 10 days after being exposed.

Anyone who is identified as a close contact should get tested for COVID-19 (except if they have tested positive for COVID-19 within the last 90 days and currently do not have any symptoms). This helps to identify further cases of the infection as often infected individuals do not have any symptoms. This is important to control the spread of the virus and protect both people in the school and others in the community.

3. Follow 'FACTS'

Continuing to follow general COVID-19 control measures, such as 'FACTS', will further limit the spread of the virus, and help to keep our schools open and children, families and friends safe.

This includes wearing **F**ace coverings, **A**voiding gatherings (such as at school gates), **C**lean hands regularly (particularly after coughs or sneezes or touching your face), and keeping **T**wo metres between you and other people as much as possible both indoors and outdoors. Car sharing with anyone outside your household has often been a source of new cases and at work, most cases we seen have been spread between colleagues, so please be especially careful at breaks and mealtimes. **S**elf- isolate as required.

4. Covid-19 testing for people with and without symptoms

Please do not go into a school or workplace if you are unwell and might have Covid.

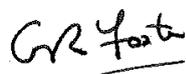
If your child or anyone in your household has one or more symptoms of COVID-19 (a new, continuous cough, a high temperature/fever, or loss of, or change in, sense of smell or taste) you should ALL stay at home and book a test on the NHS Inform website or phone 0800 028 2816.

A number of new COVID-19 testing centres have also been set up to offer testing for people who don't have any symptoms of COVID-19 as part of ongoing efforts to help reduce the spread of the virus in local communities. We know that many people with coronavirus don't experience any symptoms so these new testing facilities will make it easier and quicker to get tested to help people avoid spreading the virus to friends, family or colleagues without realising it. You can find details of the location and dates of the local community testing centres in your area (also known as Asymptomatic Testing Sites) on the NHS Forth Valley website www.nhsforthvalley.com/covid/getting-tested/

Please contact your school or local authority if you feel you may need help with self-isolation as a wide range of support is available, including food packages and financial support. Your continued support and efforts have seen us all through the hardships of the year, but with a little more patience and goodwill, a degree of normality is in sight. By following FACTS and the government guidance, we can all keep our children safe, in school and the virus under control. And please remember if your child or anyone in your household has one or more symptoms of COVID-19 (a new, continuous cough, a high temperature/fever, or loss of, or change in, sense of smell or taste) you should ALL stay at home and get tested. Find out how to organise a COVID test on [NHS Inform](#) or phone **0800 028 2816**.

- F – Face coverings
- A – Avoid crowded places
- C – Clean your hands regularly
- T – Two metres distance
- S – Self-isolate and book a test if you have symptoms

Yours Faithfully



Dr Graham Foster
Director of Public Health