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Date: Thursday 3<sup>rd</sup> June 2021

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## **For parents/guardians of pupils at Lochaber High School**

Dear Parent or Guardian,

We have identified a case of COVID-19 in a pupil at the school. We know that you may find this concerning but we are working in close partnership with the head teacher to manage this situation. All necessary action has been taken at the school. This letter is to inform you of the current situation and provide advice on how to support your child.

The affected individual was last in school on Monday 31<sup>st</sup> May 2021. Pupils who have been identified as close contacts have been informed and will be self-isolating at home for 10 days.

### **What should you do now**

As long as your child is well, and as long as other members of the household have no symptoms and are well, then everyone in the house can all go about their normal business.

### **What to do if your child develops symptoms of COVID 19**

Hopefully this will not happen but if your child, or any of your household, develops symptoms a test should be booked as soon as possible. Anyone with symptoms will be eligible for testing and further information on testing can be found on [NHS Inform](#).

The whole household should isolate if anyone in the household develops symptoms.

If a positive case is confirmed in a house, then all other household members who remain well must stay at home and not leave the house for 10 days. If there are any positive cases in your household contact will be made by NHS Highland's Contact Tracing Team.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.



**Headquarters:** Assynt House, Beechwood Park, INVERNESS, IV2 3BW

Chair: Professor Boyd Robertson  
Chief Executive: Pam Dudek

## **Symptoms**

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

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

**Please be reassured that for most people, especially for children, coronavirus (COVID-19) will be a mild illness.**

If your child or anyone in the household does develop symptoms, you can seek further advice from [NHS Inform](#).

## **How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

### *Do*

- wash your hands with soap and water often – do this 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

## **Further Information**

Further information is available at:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

<https://www.gov.scot/coronavirus-covid-19/>

Yours sincerely,

Dr Jenny Wares  
Consultant in Public Health Medicine (Health Protection)