

Department of Public Health  
NHS Dumfries and Galloway  
Mountainhall Treatment Centre  
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To Parents and Guardians of Students at Lockerbie Academy

### **Exposure to Covid-19 infection – ACTION REQUIRED**

Over the last few weeks we have become aware of more cases of Covid-19 infection in the local area, including within the school community.

We believe that your child has been in close contact with someone who has the infection, and therefore is at risk of developing Covid-19 infection themselves. **Your child needs to self-isolate in the family home until Wednesday 16<sup>th</sup> December and can return to school on Thursday 17<sup>th</sup> December.** Other members of the family can continue to leave the house, unless your child develops symptoms, but you should try to avoid very close contact with your child, and increase ventilation in your house where possible during this isolation period.

For children under 16 years old, one parent should be identified to isolate with child. Where child care is normally shared between parents, continuing this during the period of isolation has the potential to double the risk of infection spread if the child becomes symptomatic. Therefore, we advise that only one parent isolates with the child if this is possible.

For most people, Coronavirus will cause a mild illness, with the most common symptoms being:

- New continuous cough
- A fever, high temperature (above 37.8° C), or feeling cold or shivery
- A loss of taste or smell

If your child, or anyone in the household, develops these, or similar, symptoms (even if mild) you should arrange testing, and remain in isolation until the result is available.

Further help and advice is available through the [www.nhsinform.scot](http://www.nhsinform.scot) website, or by phoning the helpline (0800 22 44 88). If your child develops symptoms, and you are concerned about their well-being, please phone your GP, or 111 out of hours. You may also talk to the NHS Dumfries & Galloway Contact Tracing Team on 01387 241350 if you have specific questions about your period of self-isolation.

Finally, we ask you to avoid posting personal criticism, speculation, and comment on social media. The virus spreads easily, and can affect anyone; personal comments directed at members of the school community can become bullying, and may be very harmful. The school team, along with the Public Health Department are working hard to contain the infection, and appreciate the support given by the wider community in this task.

**Dr Nigel Calvert**  
**Consultant in Public Health Medicine**