

Department of Public Health
NHS Dumfries and Galloway
Mountainhall Treatment Centre
Dumfries DG1 4AP



21st January 2021

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 28th January and can return to normal activities on 29th January.** If your child has recently been tested, or they are tested during their isolation period and the result is negative, they must continue their isolation for the dates advised. Even if they have received a negative result, it remains possible that they may go on to develop Covid-19. In this situation there would be a risk of transmission to others.

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 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.

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