Lockerbie Primary School
Glasgow Road
Lockerbie
DG12 2AT

08.09.21

Dear colleague

COVID-19 information letter to school staff

This is to inform you that a case of confirmed COVID-19 (Coronavirus) has been reported in a person with links to Lockerbie Primary School.

All close contacts of the case who need to take specific actions have been identified, contacted and advised to follow the latest guidance on self-isolation and testing.

From August 9th 2021, these procedures have been updated for:

- adults who are fully vaccinated, who do not have symptoms and who have not tested positive; and
- children and young people aged under 18 who do not have symptoms and who have not tested positive.

Further information on the latest self-isolation requirements can be found on the NHS Inform website at: www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19 or Translations (nhsinform.scot) for accessible, easy read formats or other languages.

What you need to do

Unless you have COVID symptoms, there is no requirement for you to self-isolate unless you are contacted by Test and Protect. This could happen if the contacts you have had in the school environment or other settings – most likely social or overnight settings – are assessed as requiring targeted action.

The school has multiple control measures in place against COVID-19, supported with regular testing of staff, to limit the risk of onwards transmission within the school environment.

If there are any further cases of COVID-19 in the school, Test and Protect supported when needed by the local NHS Health Protection Team will work to ensure these individuals, and any of their relevant close contacts, are advised to self-isolate and follow the latest guidance.

The school remains open in line with current Scottish Government guidelines and if there are any further updates we will communicate this to the school community. If you have **not** been advised that you are a relevant close contact and remain well, you can continue to attend school. Anyone with COVID symptoms of a new and persistent cough, fever, altered or absent sense of taste or smell should stay at home and get a PCR test.

If you have been advised by Test and Protect that you have been identified as a relevant close contact of someone who has tested positive for COVID-19, please follow the guidance they have provided. The information below is general information for people who have **not** been identified as a close contact where targeted action is required.

Keep testing regularly, even without symptoms

Regular testing even when you don't have symptoms can help keep you and your school community safe.

As a member of school staff, you can access free LFD tests from the school, to allow you to test twice-weekly at home as long as you have no symptoms. Please contact the school directly if you are having problems accessing tests.

You are encouraged to test twice weekly, and to record all positive, negative or void results on the online reporting portal at: www.nhsinform.scot/campaigns/coronavirus-covid-19-report-your-test-result. Reporting results helps public health experts understand what is happening with COVID-19 in your area, so they can take early action to address any problems.

What to do if you develop symptoms of COVID-19

Please be particularly vigilant for symptoms of COVID-19 in the coming weeks. If you develop any symptoms of COVID-19 you must not come to school. You should stay at home from when symptoms started, self-isolate, and get tested for COVID-19. Find out more on NHS Inform. The symptoms of coronavirus (COVID-19) are:

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

All other household members must also stay at home and follow the latest guidance, which can be found on NHS Inform. In the event of a positive result, Test and Protect will contact you to provide tailored advice on what to do.

Booking a test

To get a test if you develop symptoms, you can:

- Book a test at NHS Inform for your nearest COVID-19 test site. There are drive-through, walk-through, mobile testing units across Scotland which are open from 8-am until 8pm, 7 days a week. Small scale test sites have also been set up in Highland, Grampian and Argyll & Bute to provide access to testing within local communities. A full list of sites can be found at Gov.Scot.

- Order a home PCR test kit online, or by calling 119. A test will then be delivered to your home. To return you can either drop the test at your nearest priority post box, or if you are unable to go out, you can also call 119 to book a courier collection from your home.

It is important that anyone with one or more of the COVID-19 symptoms gets tested, so that anyone who tests positive knows to continue to stay at home and self-isolate. This will help stop the spread of coronavirus.

For most people, coronavirus (COVID-19) will be a mild illness.
If you develop symptoms you can seek advice from NHS Inform.

How to stop COVID-19 spreading

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

- get vaccinated if you haven't already done so and are eligible. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell. If anyone who is eligible in your family or home have not yet been vaccinated, then they should arrange vaccination as soon as possible. This could also help you avoid having to self-isolate in the future. Information on how to arrange a vaccination can be found on NHS inform.
- regularly wash your hands with soap and water 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 straight in the bin and wash your hands.
- open windows/doors regularly to ventilate your home.
- be vigilant for COVID symptoms
- self-isolate when you have COVID symptoms or have been advised to by Test and Protect.

Further Information

For general Coronavirus Frequently Asked Questions and information: https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0 and https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Yours sincerely

Miss Joanne Aitken

Headteacher