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(VM/EKN)

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Dear Parent/Carer

Health and Wellbeing

As you may be aware there are a number of illnesses going around currently.

As per the national covid guidance people are required to self-isolate and book a PCR test if they have coronavirus symptoms. The symptoms listed on www.nhsinform.scot are:

- a high temperature or fever
- a new continuous cough
- a loss of, or change in sense of smell or taste

A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

Even if the PCR test result is negative and your child is no longer required to self-isolate, they may still not be well enough to come into school.

If your child is not well enough to take part in their usual nursery or primary experiences they should not be in school, and it is likely that if they are in school, we will ask that they be collected. Keeping unwell children at home reduces the chance of passing the infection onto other pupils, staff and households.

Yours faithfully,

V.L. Marshall

Vicky Marshall

Primary DHT

