



Your Ref:  
Our Ref: ES/SP  
Contact: Eleanor Sheppard  
Location: Marischal College  
  
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Dear Parent and Carer

I am extremely grateful for your on-going support in helping us keep our school communities safe. School Leadership Teams have advised that many parents and carers have been seeking further information on when a pupil should stay at home due to COVID-19 and I hope this letter helps clarify the potential scenarios and actions required in keeping with the guidance.

### **The symptoms of Coronavirus**

Common symptoms of coronavirus are a fever/high temperature (37.8C or greater), a new continuous cough and/or a loss or changed sense of normal smell or taste.

### **When does a pupil need to self-isolate?**

There are three scenarios in which an individual would have to self-isolate for an extended period on medical advice:

- they have symptoms of/or tested positive for coronavirus
- they have been informed by an NHS contact tracer that they have been in close contact with someone who has tested positive
- they live with a person who has symptoms or has tested positive
- If they have returned from a country that is not on the exempt list for quarantine regulations

### **What does it mean to self-isolate a child?**

Self-isolation means that the pupil should remain at home and not go to school, not be in public spaces and not use public transport. Cleaning the kitchen, bathroom and other surfaces in the home regularly will help limit the risk of spread the virus.

While self-isolating the pupil should:

- stay at least 2 metres (6 feet, or 3 steps) away from other members of the family/people in your home
- stay in a different room from other members of the family/ people in your home, ensuring it is well-ventilated
- spend as little time as possible in shared areas (sitting room, kitchen, bathroom)
- avoid using the kitchen while others are present; and
- use a separate towel; and where possible use a different toilet
- maintain strict hand and environment hygiene

**What do I do if a pupil has symptoms of coronavirus/tested positive?**

The pupil needs to self-isolate straight away, and contact NHS Inform to arrange to be tested (if they have not done this already). If the test is positive, they need to continue to self-isolate for 10 days from the time their symptoms started.

If they feel well enough after 10 days, and have not had a high temperature for 48 hours (without taking any medicines to treat a high temperature) they can return to school. It is not unusual for people to feel unwell for longer than 10 days even in milder cases.

Some people may be tested without experiencing symptoms, and if they are confirmed to have the disease asymptotically they would self-isolate for 10 days from the date of the test.

If for any reason you cannot access a test for your child, they need to continue to self-isolate for 10 days from the time their symptoms started. They can then return to school if they feel well and have not had a high temperature for 48 hours (without taking any medicines to treat a high temperature).

If the test is negative and no-one else in the household has been in contact with someone who has displayed symptoms, tested positive or displayed symptoms of the disease, the pupil can return to school when they feel well enough. It will be presumed that the symptoms shown were not COVID-19.

**Pupil has been informed by an NHS contact tracer that they have been in close contact with someone who has tested positive.**

Pupil needs to self-isolate for 14 days and will be asked to complete work from home if they are able to.

If the child develop symptoms within the 14 days, they need to stay at home for 10 days from the day their symptoms began and contact NHS Inform to arrange to be tested (if they have not done this already). They should do this even if it takes them over the 14-day isolation period.

**Pupil lives with someone who has symptoms or who has tested positive.**

Follow advice above for those who have been told by the NHS they have been in close contact with someone who has coronavirus.

If the person with symptoms tests negative, everyone in the household can end isolation and the pupil can return to school.

Useful web pages

- (1) <https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/pages/staying-at-home/>
- (2) <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-summary/>
- (3) <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-summary/>

Yours sincerely



**Eleanor Sheppard**  
Chief Education Officer