

- All other household members of your child (including yourself) must also stay at home and self-isolate as well until the result of the test is received. The household should then follow the advice that will be given with the test result.
- If the test is positive, your child should remain in self-isolation for at least 10 days from the date their symptoms started, and the rest of the household must remain in self-isolation for the full 10 days from the day when your child first had symptoms:
 - o Household members should not go to work or school. No one should visit your house. No one should leave your house to go to shops, public areas, or use public transport. See website below for more information.
<https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/who-needs-to-self-isolate/>
 - o Staying at home for 10 days will help stop the spread of coronavirus
 - o If someone else in the household goes on to develop symptoms of COVID-19 in this 10 day period, then they should continue to self-isolate and arrange to be tested.
- If your child's test is negative, they can come out of isolation and return to school if they are well enough to do so (as per standard school illness policy), and they have not had a fever for 48 hours. The rest of the household can also come out of self-isolation and return to their usual activities.
- **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 (with their household) and self-isolate. This will help stop the spread of coronavirus.

For most people, coronavirus (COVID-19) will be a mild illness.

If your child develops 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:*

- 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.

Further Information

For School related Coronavirus Frequently Asked Questions:

<https://www.nhslothian.scot/Coronavirus/Parents/Schools/Pages/default.aspx>

For general Coronavirus Frequently Asked Questions and information:

<https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0>

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Yours sincerely

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