Scottish Government
Riaghaltas na h-Alba
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CONFIRMED CASE OF COVID-19 IN REGISTERED CHILDCARE SETTING – INFORMATION FOR PARENTS, CARERS AND STAFF

Where a case of confirmed COVID-19 (Coronavirus) has been reported in a person with links to a childcare setting, all close contacts of the case who need to take specific actions with regard to testing and self-isolation will be identified, contacted and advised by Test and Protect.

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

- adults according to their vaccination status; and
- children and young people aged under 18 and 4 months.

If you are contacted by Test and Protect please follow the guidance that they provide to you.

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.

All registered childcare settings are following Scottish Government COVID-19 guidance and have control measures in place to limit the risk of onwards transmission within the setting. If there are any further updates this will be communicated to you.

What to do if you or your child develops symptoms of COVID-19

It remains important that anyone with one or more of the COVID-19 symptoms self-isolates and gets tested. This will help stop the spread of coronavirus. The cardinal symptoms of coronavirus (COVID-19) are:

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

Please be particularly vigilant for symptoms of COVID-19 in the coming weeks. If you or your child develops any symptoms of COVID-19 you/they must not attend childcare. Anyone with symptoms must stay at home, self-isolate immediately, and book a PCR test. Find out more on NHS inform.

If there is a positive case in a household, all other household members must follow the latest guidance (which can be found on NHS inform) and stay at home, pending advice fromTest and Protect. In the event of a positive result, Test and Protect will provide tailored advice on what to do.

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

Booking a test

To get a test for you or your child, you can:

- Book a PCR 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.

  OR

- 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.

Regular testing, even without symptoms

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

You and the rest of your family, including all children, can access free test LFD kits through the Universally Accessible Testing programme, which is available to everyone in Scotland. They should only be used if you have no symptoms - individuals with COVID-19 symptoms should arrange a PCR test. Free at-home LFD test kits are available for collection from COVID test centres or pharmacies, or delivery by ordering online. More information can be found at: www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms.

If your child is at **secondary school**, they can access free LFD tests from the school, to allow them to test twice-weekly at home as long as they have no symptoms. Please encourage your child to test twice-weekly, <u>and</u> 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.

If you are member of staff in a childcare setting and your setting is taking part in the asymptomatic staff testing programme, you can access free LFD tests from your setting to test twice-weekly at home, as long as you have no symptoms. You are encouraged to test twice weekly, and to record all positive, negative or void results on the online reporting portal at: Report your coronavirus (COVID-19) test result | NHS inform. 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.

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.
- Wear a face covering and keep to physical distancing advice according to Scottish Government guidance.

Further Information

For general Coronavirus Frequently Asked Questions and information:

Parentclub: Coronavirus and NHS Inform: Coronavirus (COVID-19)