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Date:	Friday 22 nd October 2021
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For parents/guardians of children at schools across NHS Highland

Dear Parent or Guardian,

Unfortunately, we have started to see a rise in cases of COVID-19 across Highland. With the holiday break coming to an end, we are keen to try to minimise the impact of this on our school settings following the return to school.

If your child is unwell, or has any symptoms of COVID-19, they should isolate at home and **not return to school next week**. A PCR test should be arranged for your child. The most common symptoms of coronavirus (COVID-19) are recent onset of: new continuous cough; high temperature; or a loss of, or change in, normal sense of taste or smell (anosmia). However, people with COVID-19 can present with a wide range of symptoms including headache, sore muscles and joints, excessive tiredness, sore throat, cold-like symptoms and diarrhoea and vomiting.

To further reduce the risk to the school community, if your child is in secondary school we would advise that they take a lateral flow device (LFD) test prior to returning to school. They should continue to test regularly (twice-weekly) thereafter. This can help reduce the likelihood of spread in schools by catching infections early. However, if your child has any symptoms they should not take a lateral flow test. Anyone with symptoms should seek a PCR test.

Thank you for your support in trying to reduce the risks to our school communities.

Yours faithfully,

Dr Jenny Wares
Consultant in Public Health Medicine (Health Protection)



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