

**Dr Tim Allison, Director of Public
Health & Health Policy**
Larch House
Stoneyfield Business Park
Inverness, IV2 7PA
Telephone: 01463 717123
Fax: 01463 717666
Textphone users can contact us via
Typetalk: Tel 0800 959598
www.nhshighland.scot.nhs.uk



Date: Friday 18th September 2020
Your Ref:
Our Ref:

Enquiries to: **Health Protection Team**
Extension:
Direct Line: **01463 704886**
Email: **Hpt.highland@nhs.net**

Dear Parents at Gairloch High,

The NHS Highland Health Protection Team (HPT) have been advised that there has been a confirmed case of COVID-19 in one of the S6 pupils at the school.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with the head teacher and Education Service colleagues in Highland Council. This letter is to inform you of the current situation and provide advice on how to support your child.

The affected pupil was last at school on Thursday 17th September. Contact tracing is now underway. The mixed classes for the senior pupils in S4-S6 at Gairloch combined with the fact the pupil affected has a long bus journey to school each day means it is very difficult to differentiate between those who have had close contact with this pupil, or only a passing casual contact.

Therefore as a precautionary measure to prevent further spread, we advise that any senior pupil in S4-S6 should remain at home for 14 days from Thursday 17th and self-isolate at home until Friday 2nd October. In addition any pupil, irrespective of which year group they are in, who travels to school on the school minibus from Shieldaig should also self-isolate for the same period of time.

All other pupils in S1-S3 can continue to attend school as normal if they remain well.

What should you do now

As long as your child is well, and as long as other members of the household have no symptoms and are well, then everyone else in the house can all go about their normal business, go to work and school etc. Anyone who is well and has no symptoms does not need to be tested.

What to do if your child develops symptoms of COVID 19

Hopefully this will not happen but if your child develops symptoms of COVID-19, or is confirmed as positive, they must not come to school and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and further information on testing can be found on [NHS Inform](#).

Once a positive case is confirmed in a house, then all other household members who remain well must stay at home and not leave the house for 14 days.



Headquarters: Assynt House, Beechwood Park, INVERNESS IV2 3BW

Chair: Professor Boyd Robertson
Chief Executive: Paul Hawkins

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school, public areas or use public transport.

<https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/who-needs-to-self-isolate/>

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

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

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

Please be reassured that for most people, especially for children, coronavirus (COVID-19) will be a mild illness.

If your child or anyone in the household does develop symptoms, you can seek further advice from [NHS Inform](#).

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do

- wash your hands with soap and water often – do this 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 in the bin immediately and wash your hands afterwards

Further Information

Further information is available at:

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

<https://www.gov.scot/coronavirus-covid-19/>

Yours sincerely

Dr Ken Oates
Consultant in Public Health Medicine

Headquarters: Assynt House, Beechwood Park, INVERNESS IV2 3HG

Chairman: Professor Boyd Robertson
Chief Executive: Paul Hawkins