



COVID-19 KEEPING SAFE IN SCHOOL NEWSLETTER

Edition 6: 24 November 2020

In common with the rest of Scotland we are seeing an increase in the number of COVID-19 cases in the Borders.

A small number of cases continue to impact on individual schools and it is critical that everyone in the school community continues to play their part in helping to minimise transmission of this highly contagious virus.

The key points are:

- If you develop any of the COVID-19 symptoms you should seek a test and everyone in your household should self-isolate
- Abide by all the Scottish Government restrictions and guidance
- Remember the FACTS

Face coverings

In line with the Level 2 restrictions in the Scottish Government's new multi-level COVID-19 restriction system all adults are asked to wear a face covering when dropping off/picking up pupils at school.

You should maintain social distancing at all times with other households.

Information on the new COVID-19 restriction system can be found on the [Scottish Government website](#).

Ventilation

As you will be aware from previous communications, we are required to ensure good ventilation in schools as one of a number of measures to minimise the risk to pupils and staff.

As winter approaches, we recognise that we must balance the need for ventilation with keeping people warm. However, we will continue to need to ensure good air flow in schools and although we will take a pragmatic approach it is critical that pupils attend school dressed appropriately for classrooms being cooler than normal.

Extra-curricular PE activities

We are pleased to report that following new guidance from the Scottish Government, secondary schools are now able to re-start extra-curricular Physical Education activities from Monday 23 November.

Your child's school will have specific arrangements in place which will be communicated to young people and/or parents/carers.

Christmas arrangements

As you will be aware, our schools traditionally host a variety of festive events during December ahead of the Christmas break. However, we expect this festive period to look very different this year due to the ongoing Coronavirus pandemic which young people and parents/carers should be aware of. Specific arrangements will be put in place by your child's school which will be communicated to you in the coming weeks.



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COVID-19 Symptoms

The symptoms of COVID-19 are a new persistent cough, temperature/fever (37.8C or higher) and/or loss or change in ability to taste or smell.

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.

Other cold or flu symptoms, such as a runny nose, are not COVID-19 symptoms.

Self-isolating

Anyone with any one of the symptoms of COVID-19 must self-isolate for 10 days. Anyone who lives in the same household must also isolate, but for 14 days. Only people who are showing symptoms should seek a COVID-19 test.

If other household members develop symptoms within the 14 days, they need to stay at home for 10 days from the day their symptoms started and arrange to be tested. They should do this even if it takes them over the 14-day isolation period.

The only other people who need to self-isolate are those people who have been instructed to do so by NHS Contact Tracers as they have been identified as a 'close contact' of someone with COVID-19. In these circumstances only they need to self-isolate. This will be for a full 14 days, even if they get a negative test. Other household members do not need to self-isolate.

Testing

It is essential that only people who have COVID-19 symptoms or who are instructed by the NHS to be tested seek a test.

Anyone not showing symptoms should not seek a test as this takes away the opportunity for those with symptoms to be tested. Tests must be booked in advance.

You can arrange your test by visiting www.gov.uk/get-coronavirus-test or calling 0800 028 2816.

If your child has symptoms but tests negative they can return to school once they have had no fever for 48 hours and are feeling better. You must inform the school immediately about their absence and when their test results are received.



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How to minimise chances of catching COVID-19

By following some very simple steps you can greatly reduce the chances of you catching COVID-19.

Remember the FACTS that will help all of us to stay safe and protect each other as well:

- **F**ace coverings in enclosed spaces
- **A**void crowded places
- **C**lean hands and surfaces regularly
- **T**wo metre distancing; and
- **S**elf-isolate and book a test if you have symptoms.

Stay safe at home

- House parties have been linked to outbreaks across Scotland. Under Scottish Government guidance, house parties are not allowed. Parents and carers are encouraged to make young people aware of this guidance.
- Clean hands and surfaces regularly
- Social distance from any visitors