

## Information for parents and carers

We know that these last few months have often been challenging, particularly for children, young people and their parents and carers.

Now that our schools and early childhood centres have returned, we want to ensure they remain open to allow our children and young people to continue their education in a safe environment.

We are all pleased to see cases decreasing and some restrictions being eased, but COVID-19 continues to circulate within the community and we are all responsible for our actions to continue to reduce spread. We must continue to follow the FACTS and ensure good ventilation when we meet.



In addition, to these simple measures we have recently introduced regular, twice weekly Lateral Flow Testing (LFT). The tests are available to collect in school for all secondary age pupils and we urge you to support young people to use them regularly. These tests are designed to help us identify when we have a COVID-19 infection **without** symptoms. When these LFTs are positive, we must self-isolate immediately, book a PCR test (Polymer Chain Reaction) and wait for the Test and Protect team to call with more information and advice. Early identification and swift isolation prevents further spread within schools or early childhood centres and significantly reduces the number of children and young people who are identified as close contacts.

If children and young people **do have symptoms**: cough, temperature, loss of taste and smell or other non-specific symptoms such as cold like symptoms, upset stomach / vomiting or fatigue then it is important to ask them to isolate and book a PCR test. Please err on the side of caution and do not presume it is 'just a cold'. PCR tests can be booked online: [Coronavirus \(COVID-19\): Get a test if you have symptoms | NHS inform](#). If you are unable to book online, please call 119 and say that you have been advised to have your child tested by the local public health team due to them having symptoms.

If we prevent COVID-19 from entering our schools and early childhood centres we will keep more children and young people in school/ECC during this crucial point in their lives.

Further information is available from:

- NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot)
- NHS Ayrshire & Arran: <https://www.nhsaaa.net/coronavirus-covid-19/>
- East Ayrshire Council: <https://www.east-ayrshire.gov.uk/Coronavirus/Coronavirus-COVID-19.aspx>

Yours sincerely,

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