

03.03.2021

Advice for Child to Self-Isolate for 10 Days

Dear Parent/Carer,

A single case of confirmed COVID-19 (coronavirus) has been reported in a person who attends Baldragon Academy in Dundee. This person is in S1.

Your child has been identified by NHS Tayside's Health Protection Team as a close contact and should now self isolate as a precaution. In line with the national guidance your child should now stay at home and self-isolate until Friday 12th March 2021 (10 days after last contact with the case).

Your child must now remain at home, and not go outside or meet anyone from other households, until Saturday 13th March 2021. We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

Please see the link to the Scottish Government guidance on self isolation:

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

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities.

Other members of your household, including siblings, can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

For most people, coronavirus (COVID-19) will be a mild illness. If your child has or develops any symptoms, the whole household should self isolate and please arrange for a test for the symptomatic person/people by calling 0800 028 2816 or visiting www.NHSinform.scot/test-and-protect

I recognise this information may be very concerning to you. Please be assured that this isolation is precautionary. Baldragon Academy remains open. The school is working in partnership with NHS Tayside, Public Health Scotland, and Dundee City Council Children and Families Service.

If you would like to speak to someone or if you have any questions, please contact NHS Tayside's Health Protection Team by calling 01382 596976/987.

If you have trouble understanding English please contact the address below

اگر آپ کو انگریزی سمجھنے میں مشکل پیش آتی ہے تو برائے مہربانی نیچے درج پتے پر رابطہ کریں:

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇੰਗਲिश سمجھنے ਵਿੱਚ کئی تھوڑا سا مشکل ہے تو براہ کرم نیچے دیئے گئے پتے پر رابطہ کریں۔
Jeżeli masz trudności w zrozumieniu języka angielskiego, skontaktuj się na poniżej podany adres:

如果你對英語理解有困難，請聯絡以下地址:

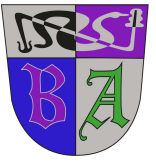
Dundee Translation & Interpretation Service, Mitchell Street Centre, Mitchell Street, Dundee DD2 2LJ.
Tel: 01382 435825 Fax: 01382 435805

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We would encourage everyone to continue to follow the latest NHS and Scottish Government advice on helping reduce the spread of coronavirus: 'FACTS'

- Face coverings in enclosed spaces
- Avoid crowded places
- Clean your hands and surfaces regularly
- Two metre social distancing
- Self isolate and book a test if you develop symptoms

There are additional 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

For all the latest advice and updates about coronavirus in Scotland, please visit:

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

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

Home Learning

Your child can continue to access their learning via Microsoft Teams and the Baldragon Academy Home Learning Portal - <https://sites.google.com/dd.glow.scot/baldragonacademyrhp>. If your child does not have a suitable electronic device to work from at home, then please contact the school immediately.

Yours sincerely,

Mr H McAninch
Headteacher

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