

COVID-19 Important information for parents and carers

- If your child has symptoms they must stay at home and not go to nursery
- If someone in your household has symptoms, your child must stay at home and not go to nursery
- If your child or any member of your household has symptoms they must get tested immediately

What is a symptom of Covid-19?



High temperature



New, continuous cough



Loss of/change in taste or smell

How to get a test



Call **0800 028 2816** or visit **www.nhsinform.scot**
You will be able to access a test at a local testing site or ask for one to be delivered to your home. Please contact your nursery if you are unable to get a test.

Test results and Isolation times



If your child has symptoms or a positive result, they must stay at home for 10 days and the rest of your household must self-isolate for 14 days



If your child has symptoms and receives a negative result, and no-one in the house is showing symptoms or is awaiting test results they can return to nursery



If your child has a negative result but someone in the house has symptoms or is tested positive, your child must self-isolate for 14 days

Please speak to your child's nursery to agree a return date

What does self-isolate mean?

If your child or any member of your household or support bubble is asked to self-isolate the means staying at home and not leaving until the isolation period ends.



Do not go to work, nursery or public places.



Do not go on public transport or use taxis.



Have food and medication delivered to you - order it online or by phone, or ask someone to bring it to your home.



Do not have visitors in your home, including friends and family - except for people providing essential care.



Do not go out to exercise - exercise at home or in your garden, if you have one.