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Date: Thursday 28th October 2021

Enquiries to: Health Protection Team
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For parents/guardians of children that attend the Oban and Lorne Rugby Club

Dear Parent or Guardian,

We have identified a case of COVID-19 in a team member associated with your child's rugby team. We know that you may find this concerning but we are working in close partnership with Mr Macfarlane to manage this situation. This letter is to inform you of the current situation and provide advice on how to support your child. All close contacts of the case who need to take specific actions have been identified, contacted and advised to follow the latest guidance from Scottish Government on self-isolation and testing.

What should you do now

In keeping with Scottish Government's updated isolation policy, there is no requirement for your child to self-isolate as long as they are well. As long as your child is well, and as long as other members of the household have no symptoms and are well, then everyone in the house can all go about their normal business.

However, we are keeping this situation under close review and if there are further cases identified we may need to take additional actions, such as advising PCR testing and self-isolation for your child, in order to prevent further spread.

What to do if your child develops symptoms of COVID 19

Please remain vigilant for symptoms of COVID-19 in the coming weeks. Hopefully this will not happen but if your child, or any of your household, develops symptoms a PCR test should be booked as soon as possible. Anyone with symptoms will be eligible for PCR testing and further information on testing can be found on [NHS Inform](#). The whole household should isolate if anyone in the household develops symptoms.

Symptoms



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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

However, people with COVID-19 can present with a wide range of symptoms including headache, sore muscles and joints, tiredness, sore throat, cold-like symptoms and diarrhoea and vomiting. If your child or anyone in the household does develop symptoms, you can seek further advice from [NHS Inform](#).

In the event of a positive case, contact will be made by NHS Highland's Contact Tracing Team.

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.

Please do:

- get vaccinated if you haven't already done so and are eligible. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell. If anyone who is eligible in your family or home has not yet been vaccinated then they should arrange vaccination as soon as possible.
- regularly wash your hands with soap and water 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
- open windows/doors regularly to ventilate your home
- be vigilant for COVID-19 symptoms
- self-isolate when you have symptoms or have been advised by the contact tracing team

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,

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

Chairman: Professor Boyd Robertson
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Dr Jenny Wares
Consultant in Public Health Medicine (Health Protection)



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