

Dear Parents,

25.11.21

To support parents with decision making around Covid-19 symptoms, self-isolation and restricting movements, we have summarised the HSE guidance for students in a Post Primary setting.

**If your child has Covid symptoms, you should**

- Keep them at home
- Get a COVID-19 PCR test.

\*Even if symptoms are very mild, keep your child at home for 48 hours and phone your GP for advice

\*Your child should self-isolate, even if fully vaccinated.

Other people who live in the same house and are NOT fully vaccinated need to restrict their movements.

**The most common symptoms of COVID-19 are:**

- Fever (High temperature of 38 degrees Celsius or more)
- A dry cough
- Fatigue (tiredness)

**Less common symptoms include:**

- Loss or changed sense of taste or smell
- Blocked nose
- Conjunctivitis (Red or Pink eye)
- Sore throat
- Headache
- Muscle or joint pain
- Skin rash
- Nausea, vomiting or diarrhoea
- Chills or dizziness

**If your child is a close contact of a Covid-19 positive case: Symptoms**

**A Close Contact and has symptoms of Covid-19**

- Get a Covid-19 PCR test
- Self-isolate

\*Even if fully vaccinated

*HSE will send you a text with a link to answer questions about your child's symptoms and vaccination status*

*You will then get a message with an appointment for a free PCR test.*

Please regularly check the HSE website for school settings for updates using this link <https://www2.hse.ie/conditions/covid19/contact-tracing/if-your-child-is-a-close-contact/>

**If your child is a close contact of a Covid-19 positive case: NO Symptoms**

A Close Contact and has **NO symptoms** of Covid-19

**Lives in the same house** as the positive case and is

**FULLY VACCINATED**

- **Restrict** movements for **5 days** from when the text message was received.
- **Do 3 Antigen Tests** with 2 days between each test
- End restricted movement after 5 days if **no symptoms** and a **negative Antigen test**.
- Continue to do all 3 Antigen tests even after 5 days have passed.

*HSE will send you a text with a link to answer questions about your child's symptoms and vaccination status*

*You will then get a message with information about your **free antigen tests**.*

A Close Contact and has **NO symptoms** of Covid-19

**DOES NOT** live in the same house as the positive case and is

**FULLY VACCINATED**

- **Does NOT** need to restrict movements

*HSE will send you a text with a link to answer questions about your child's symptoms and vaccination status*

*You will then get a message with information about your **free antigen tests**.*

A Close Contact and has **NO symptoms** of Covid-19

**NOT FULLY VACCINATED**

HSE will send you a text with a link to answer questions about your child's symptoms and vaccination status

You will then get a message with an appointment for a free PCR test.

- **Whether they live in the same house as the positive case or not**, your child must **Restrict Movements for 14 days**, even if they feel well.
- Get a COVID-19 test

Your child can stop restricting their movements when:

- They have a **negative COVID-19 PCR test** and **10 days have passed since they had contact with the positive case**.

**AND**

They **do not have any symptoms** of COVID -19