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

If your child has Covid symptoms, you should	The most common symptoms of COVID-19 are:
<ul> <li>Keep them at home</li> <li>Get a COVID-19 PCR test.</li> <li>*Even if symptoms are very mild, keep</li> </ul>	→ Fever (High temperature of 38 degrees Celsius or more)
your child at home for 48 hours and	<ul> <li>→ A dry cough</li> <li>→ Fatigue (tiredness)</li> </ul>
<ul><li>phone your GP for advice</li><li>*Your child should self-isolate, even if</li></ul>	Less common symptoms include: → Loss or changed sense of taste or smell → Blocked nose
fully vaccinated. Other people who live in the same house	<ul> <li>→ Conjunctivitis (Red or Pink eye)</li> <li>→ Sore throat</li> </ul>
and are NOT fully vaccinated need to restrict their movements.	→ Headache → Muscle or joint pain
	$\rightarrow$ Skin roch

- → 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

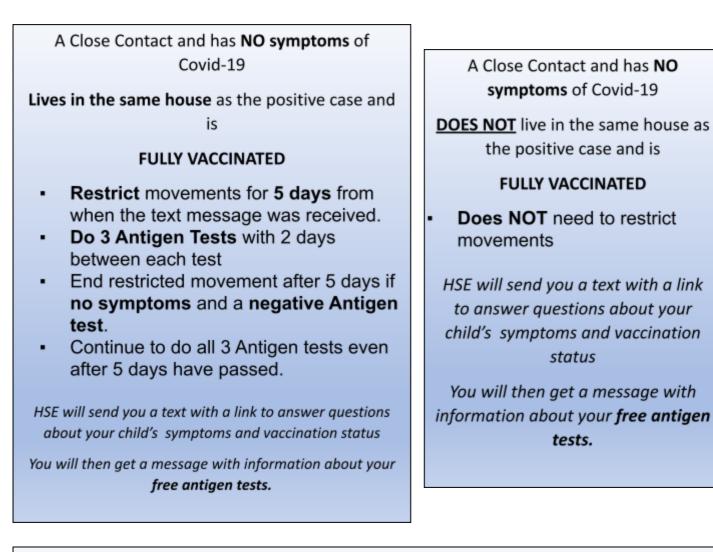
- Get a Covid-19 PCR test
- Self-isolate
- \*Even if fully vaccinated

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 <u>https://www2.hse.ie/conditions/covid19/contact-tracing/if-your-child-is-a-close-contact/</u>

## 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

## 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