



# Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Monday 6th December 2021

Dear Parents/Guardians,

To support parent/guardians 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 on pages 2 and 3.

As is always the case you can phone HSE Live on 1800 700 700 for additional information or contact the school at [reception@loretoclonmel.ie](mailto:reception@loretoclonmel.ie) or (052) 6121402 and one of the COVID team (Ms. Rice, Ms Culliton, Ms Powell or Ms Bourke) will be in touch with you.

In the run up to our Christmas holidays we ask that all families continue to remind and encourage our students to be extra vigilant with COVID-19 routines such as using hand sanitisers, wearing masks correctly over their mouth and nose, putting masks back on as soon as students finish eating and reducing social contacts where possible. To-date our students have been very good to work with us on these measures and we really appreciate this.

Thank you for your continued support as we work together to keep all the school community and the wider Clonmel community safe.

Yours faithfully,

Sarah Rice,  
Acting Principal

Michele Culliton,  
Acting Deputy Principal

Áine Powell  
COVID Team Member

Enya Bourke  
COVID Team Member

## COVID-19 Information for Families

### 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