

2nd March 2019

Dear Parents/Guardians,

As a case of Covid-19 has been confirmed in Ireland I would like to take the opportunity to remind you of the advice that the Department of Education and Skills has given us. The most up-to-date information is posted at this [link](#).

Also the Chief Medical Officer from the Department of Health, Dr Tony Holohan, has issued the following [letter](#) to parents of school children travelling from affected regions.

As the Department of Health's Poster notes (see pages 2 and 3): the most important action we can take to protect ourselves from Covid-19 is **regular hand-washing and good respiratory hygiene**.

- Wash your hands well and often to avoid contamination
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing
- Use a bin to discard tissues
- Avoid touching the eyes, nose or mouth with unwashed hands
- Clean and disinfect frequently touched objects and surface

Other relevant information on the HSE [website](#) tells us that at the moment the risk of catching coronavirus in Ireland is still low. While this may change most people may continue to go to work, school and other public places, as usual.

Anyone who knows they have been in close contact with a confirmed case in the last 14 days and has symptoms i.e. cough, shortness of breath, fever should:

- Isolate themselves from other people - this means going into a different, well-ventilated room, with a phone
- Phone a GP, or Emergency Department - if this is not possible, phone 112, or 999
- In a medical emergency (i.e. if you have severe symptoms) phone 112 or 999

Close contact means either:

- Face-to-face contact
- Spending more than 15 minutes within 2 metres of an infected person
- Living in the same house as an infected person

Here in Loreto, Clonmel we will be following all guidelines issued by the both the Department of Health and the Department of Education and Skills.

We would also like to ask for the assistance of parents/guardians as follows:

- Please do not send a student who is sick to school, especially if suffering from cough, shortness of breath, fever
- Remind students to follow standard procedures noted above

If you would like to send into school a hand sanitiser to be used during class if needed, please feel free to so.

Thanks in advance to parents/guardians and all our students for your support in this matter.

Yours faithfully,

Anne Mc Grath, Principal

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Advice For Schools

Who is at Risk?

- Anyone who has been to an affected region in the last 14 days **AND** is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days **AND** is experiencing symptoms

How to Prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces

The Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

Affected Regions

Check the list of affected regions on www.hse.ie

What to do if you are at risk

I've been to an affected region in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



When you cough or sneeze **cover your nose and mouth** with a tissue

OR Cough or sneeze into your elbow, **not your hands.**

Throw away your tissue!



Clean your hands after coughing or sneezing.

THANKS!