



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

22/03/21

**Re: Confirmed case of Covid-19 (Coronavirus) at your child's school or childcare facility**

Dear Parent/Guardian,

We have been notified that your child has been in close contact with a person at school or childcare who has tested positive for Covid-19 (Coronavirus).

Please try not to worry. The risk of your child becoming infected with the Covid-19 virus is low. Even if your child does become infected with the virus, most children don't get any symptoms, or have a very mild illness. The Department of Public Health – Midlands is carrying out a full public health risk assessment.

#### **What do you need to do?**

As your child has been identified as a close contact of someone with Covid-19, there is a small risk of them becoming infected with the virus and passing it on to someone else.

Because of this, we are asking you to please:

1. Restrict your child's movements.
2. Keep a close eye on your child during their period of restricted movement. This is to see if they develop any symptoms of Covid-19 such as a fever (temperature > 38°C), cough, shortness of breath, or any loss or changes to their sense of taste and smell.
3. Keep your phone close to you and make sure it is switched on. You will be contacted by the HSE about getting your child tested for the virus that causes Covid-19.
4. Bring your child for one or two tests for Covid-19. The HSE will arrange the tests for your child. You do not need to contact your GP to arrange a test.
5. If your child has tested positive for Covid-19 in the past 6 months they will **not** need a test if they are well. Please let the manager of your school or childcare know.
6. Note that if your child has no symptoms of Covid-19 other people in the house do not need to restrict their movements, once they themselves are well. This means that others in the house can continue to go to work, school, preschool or childcare.

#### **What if your child's first test is negative (or "not detected") for Covid-19?**

1. If your child's first test is negative they may need a second test. The second test is normally done 10 days after they were last in contact with the person with Covid-19 (a

“Day 10 test”). We would ask you to continue to restrict your child’s movements until you have the results of the second test.

2. If your child’s second test is negative, and your child has been well with no symptoms of Covid-19, they can stop restricting their movements and can return to school.
3. If your child has only had one test, they can stop restricting their movements provided this test was done at least 10 days after their last contact with the person with Covid-19.

### **What if your child’s test is positive (or “detected”) for Covid-19?**

If either of the tests is positive (detected), you must isolate your child immediately. Restrict the movements of everyone in the house. More information will be provided with your positive test result.

### **What if your child does not have a test done?**

If your child does not attend for a Day 10 test they must continue to restrict their movements for 14 days from last contact with the person with Covid 19. This means until 31/03/2021.

### **How to restrict your child’s movements**

Your child must restrict their movements – even if the first test comes back negative. This is because it can take time for symptoms of the virus to appear. Restricting your movements means avoiding contact with other people and social situations as much as possible.

During the period of restricted movement your child should not:

- attend school, group activities or any childcare facilities
- use public transport
- visit other people’s homes
- have visitors to your home

Your child can go outside to exercise as long as they keep 2 metres distance from others.

If your child develops symptoms of Covid-19 please

1. Isolate your child – this means keep them at home and completely avoid contact with other people. This includes other people at home.
2. Phone your GP or out-of-hours GP service for advice
3. Restrict the movements of everyone in the house.

### **More information**

Up to date information and advice on coronavirus is available on [hse.ie](http://hse.ie). If you have any queries you can call HSELive on 1850 24 1850.

We thank you for your help and support. By following the advice in this letter you are helping to keep the children and teachers of your child’s school or childcare facility safe, as well as protecting all other people in the community.

Best wishes,

The Covid-19 Health Protection Team,  
Department of Public Health Midlands