



St. Attracta's National School

Charlestown, Co. Mayo, F12 T440, Ireland

Mol an óige agus tíofaídh sí

Friday September 24th

Dear Parents/Guardians,

Please find below the latest information received today from the Department of Education regarding restricting movements/testing and contact tracing and children of primary school going age.

- Anyone who has **symptoms of Covid-19 should self-isolate at home immediately and contact their GP** for advice and guidance, and to arrange a Covid-19 test if appropriate.
- **Testing of asymptomatic non-household close contacts >3 months to under 13 years is discontinued.**
- Children >3 months to under 13 years of age, who are identified as a **close contact in non-household settings and who are asymptomatic will no longer be routinely required to restrict movements**, unless advised by Public Health Risk Assessment. This applies regardless of the number of confirmed cases identified in the non-household settings.
- **Children > 3 months to under 13 years of age who are identified as household contacts who are not fully vaccinated, or have not had a confirmed infection with Covid-19 in the last 9 months, will still be required to restrict their movements and will have testing arranged for them by the HSE contact management programme (CMP) .**
- Public Health advice remains the same **that any child > 3 months to under 13 years of age with symptoms consistent with Covid-19 should immediately self-isolate, should not attend childcare or school or socialise and follow current public health advice.**
- It is important to adhere to good respiratory etiquette, hand hygiene practice and also adhere to the general public health measures and physical distancing advice.

Please note this change in guidance does not apply to SEN specific classes. In these circumstances close contacts amongst children may well still be identified and asked to restrict movements, following a Public Health Risk Assessment. However, there will generally be requested only to restrict their movements for 5 days, and be referred for one Covid 19 test. This is to balance the observation period required for children for signs of infection, with testing at the most relevant time, whilst not prolonging restricted movements and the harms to children from these restrictions.



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The most common symptoms of COVID-19 are:

- [fever \(high temperature - 38 degrees Celsius or above\)](#) - including having chills
- dry cough
- fatigue (tiredness)

Less common symptoms of COVID-19 include:

- [loss or change to your sense of smell or taste](#) – this could mean they're completely gone or just different to normal
- nasal congestion (runny or blocked nose)
- conjunctivitis (also known as red eyes)
- sore throat
- headache
- muscle or joint pain (aches and pains)
- different types of skin rash
- nausea or vomiting
- diarrhoea
- chills or dizziness

Symptoms of severe COVID-19 disease include:

- [shortness of breath](#) or breathing difficulties
- loss of appetite
- confusion
- pain or pressure in the chest
- [fever \(high temperature - 38 degrees Celsius or above\)](#)



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You may not have all of these symptoms or your symptoms may be mild. Symptoms may vary for different age groups or variants of the virus. It can take up to 14 days after you are infected for symptoms to show. You can spread COVID-19 during this time. Symptoms of COVID-19 can be similar to symptoms of [cold](#), [flu](#) or [hay fever](#).

If you are in doubt about any symptoms you have, phone your GP.

We appreciate your support in this matter and continue to reassure you that we take Covid-19 safety measures very seriously here.

Have a lovely weekend,

Brian