



## Terenure College

# COVID-19 ADVICE TO PARENTS

Your son should not attend school if they are displaying any symptoms of COVID-19.

**Please do not send your son to school or childcare if any of the following is true.**

### Your son has:

- a temperature of 38 degrees Celsius or more
- any other common symptoms of coronavirus - a new cough, loss or changed sense of taste or smell, or shortness of breath
- been in close contact with someone who has tested positive for coronavirus
- been living with someone who is unwell and may have coronavirus
- an existing breathing condition that has recently got worse

### If your son becomes unwell at school:

- You will be contacted immediately
- Your son will be accompanied by a staff member to an isolation area away from other staff and students while maintaining at least 2 metres distance

- The staff member caring for your son will wear a face covering. Your son will wear his face mask at all times and should avoid touching people or surfaces and should cough or sneeze into his elbow.
- Your son will be assessed to see that they are well enough to be brought home by you. Public transport should not be used.
- If your son is well enough to go home, the school will arrange with you for them to be taken home by a parent/family member and you will be asked to call your doctor.
- If your son is too unwell to go home, school staff will contact 999 or 112 and tell them that your son is suspected of having COVID-19.
- Please collect your son from the reception area – do not enter the school building. Call reception on 01 4997000 and tell them you are here. A member of staff will bring your son out to your car using the back stairs to the right of reception.
- Your sons school bag and belongings will be sanitised, bagged and available for collection from the outer porch at reception the following day.

### You will need to:

1. Isolate your son from other people - this means keeping them at home and completely avoiding contact with other people, as much as possible.
2. Phone your GP - they will advise you if your son needs a coronavirus test.
3. Everyone that your son lives with should also restrict their movements, at least until your son gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.
4. Treat your son at home for their symptoms.

**Your son should only leave your home to have a test or to see your GP.**

## HSE ADVICE ON WHAT TO DO IF YOUR SON:

- **is given another diagnosis that is not Coronavirus by your GP**

Your son can return to school and their normal activities, but only once they are 48 hours without symptoms

You and anyone your son lives with will no longer need to restrict your movements.

- **is not tested and is also not given another diagnosis from your GP**

Your son will need to continue to self-isolate if:

- they are not tested and are also not given an alternative diagnosis. If this happens they should be treated as if they have coronavirus
- They'll need to remain in self-isolation until both of these apply:
- they have not had a high temperature (38 degrees Celsius or over) for 5 days
- it has been 10 days since they first developed symptoms

- **tests positive for coronavirus**

Your son will need to remain in self-isolation until both of these apply:

1. They have not had a high temperature (38 degrees Celsius or over) for 5 days.
2. It has been 10 days since they first developed symptoms

Everyone in the household should follow HSE advice.

- **tests negative for coronavirus**

Your son can return to school and their normal activities, but only once they are 48 hours without symptoms.

You and anyone your son lives with will no longer need to restrict your movements.

### **OTHER SYMPTOMS**

If your son has symptoms such as headaches or a sore throat, keep them at home for at least 48 hours. These are not common symptoms of coronavirus, but they could be a sign of another infection. You and the rest of your family can continue your normal routine. You do not need to restrict your movements as long as you are not ill.

Keep an eye on your son's symptoms for 48 hours. After 48 hours it's usually okay to send your son back to school as long as:

- their symptoms do not get worse
- they do not develop new symptoms
- they do not need paracetamol or ibuprofen during these 48-hours

We would appreciate if you could please keep our  
**School Nurse, Fiona MacNally**, updated on your  
son's progress

#### **CONTACT DETAILS**

Fiona can be contacted by Email:  
[fiona.macnally@terenurecollege.ie](mailto:fiona.macnally@terenurecollege.ie)

OR

Telephone: (01) 4997000