



## HSE Advice for Parents

Coronavirus (COVID-19) can affect children as well as adults.

**Do not** send your child to school or childcare if any of the following is true.

Your child 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

You will need to:

1. Isolate your child 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 child needs a coronavirus test.
3. Everyone that your child lives with should also restrict their movements, at least until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.
4. Treat your child at home for their symptoms.

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

## Diarrhoea and other symptoms

If your child has symptoms such as diarrhoea, headaches or a sore throat keep them at home for at least 48 hours.

Keep an eye on their symptoms for 48 hours. After 48 hours it's usually okay to send your child back to school or childcare 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

You and the rest of your family can continue your daily lives as usual. You do not need to restrict your movements as long as you are not ill.

### **Children who are close contacts of someone who has coronavirus**

If your child has been in close contact with someone who has coronavirus, they should restrict their movements for 14 days. They should do this even if they feel well and have no symptoms.

If your child has symptoms, isolate your child and phone your GP to arrange a test for coronavirus.

### **When it's okay to send your child to school or childcare**

As long as your child has not been in close contact with someone who has the virus, it's usually okay to send them to school or childcare if they:

- only have nasal symptoms, such as a runny nose or a sneeze
- do not have a temperature of 38 degrees Celsius or more (as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen)
- do not have a new cough
- do not live with anyone who is unwell and may have coronavirus
- have been told by a GP that their illness is caused by something else, that is not coronavirus. Your GP will tell you when they can return to school or childcare.
- have got a negative ('not detected') coronavirus test result and have not had symptoms for 48 hours
- have not had diarrhoea for 48 hours

Children who are close contacts of someone who has coronavirus should follow the advice to restrict their movements.

Your child does not need a GP medical certification or a note from a GP to return to school. But their school may ask you to sign a form to say that your child is well enough to attend. This is called the [Return To Educational Facility Parental Declaration Form](#)

### **Runny nose or sneezing**

You do not need to restrict your child's movements if the only symptoms they have are:

- a runny nose
- sneezing

They can continue to go to school or childcare if these are the only symptoms they have.

**If your child also has a high temperature (38 degrees Celsius or over) or has any other common symptoms of coronavirus - isolate your child, phone your GP and restrict your movements.**

Most of the time, you do not need to phone your GP if a runny nose or sneezing are your child's only symptoms. Talk to your pharmacist instead.

A runny nose or sneezing on their own are more likely to be symptoms of a cold or other viral infection.

### **Negative (not-detected) test result or another diagnosis**

Your child can return to their normal activities once they have been given either:

- a negative (not-detected) test result and are 48 hours without symptoms and, or
- another diagnosis, that is not coronavirus

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

### **Positive test result or not tested and no alternative diagnosis**

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

- their test result is positive
- 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