



COVID-19 declaration: Secondary students entering school premises following COVID-19 guidance Block 3 | Academic Year 2021-22

I, undersigned, _____ Year: _____ confirm that,
(first name and surname of student) *form/year group*

1. in the last 14 days, I did not show any of the following symptoms: temperature, cough, headache, feeling ill, sore throat, cold, difficulties in breathing (shortness of breath), diarrhoea; I was well during this time.
2. in last 14 days, have not been in contact with any persons who had tested positive for SARS-CoV-2.
3. shall stay at home, should the above-mentioned signs/symptoms appear or infection with SARS-CoV-2 be confirmed in a person that shares the same household (most usually an immediate family member).

I have been fully vaccinated against COVID-19 on: _____
(date of vaccine)

Place, date:

Signature of student:
(Statement sent by email is valid as a signature)

Information for Parents

If your child develops any of the above signs / symptoms or if a SARS-CoV-2 infection is confirmed in a person who shares the same household with the child (usually an immediate family member), the child must stay at home, with limited contact with other people. If the child is ill, call the child's chosen paediatrician or the doctor on duty for further instructions. In case of a confirmed infection in the family or other close contact with an infected person, you will receive instructions from the epidemiological services.

We recommend that the child limits contact with the elderly (e.g. grandparents) and people with associated chronic diseases or immune deficiencies, as they are more at risk for a more severe course of the disease.

Socialising with children increases the risk of infecting a child.

Basic information about COVID-19

Becoming infected with SARS-CoV-2 can cause Coronavirus disease 2019, so called COVID-19.

Incubation period (time between infection and showing symptoms) can be up to 14 days, on average approximately 6 days. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people (mostly above 60 years), and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. With children, the course of the disease is usually easier, the risk of a more severe course and complications increases with the older population and with people that have associated diseases such as cardiovascular disease, lung, liver, kidney, diabetes, immune deficiencies, etc. The more severe course of the disease is characterised by pneumonia. To confirm or exclude SARS-CoV-2 infections, microbiological testing is required. SARS-CoV-2 infection occurs among humans, transmitted by droplets, with respiratory secretions. Closer contact with the patient is required for transmission (distance to the patient less than 1.5 m). Infection is also possible through contact with surfaces contaminated with respiratory secretions. For prevention, it is thus most important to keep a consistently good hand and cough hygiene.

More specific instructions can be found [here](#).