



## Isolation quick guide - Adults and children from their 13<sup>th</sup> birthday

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**COVID-19 symptoms:** Sudden onset of fever more than or equal to 38.0°C, cough, shortness of breath, loss of sense of smell, change in sense of taste, loss of sense of taste.

**Self-isolation** – (stay in your room). Self-isolation means staying indoors in a room on your own if possible, and completely avoiding contact with other people, including others in your household. Self-isolation is for people who have had a test that shows they have COVID-19 and also for people who are thought to have COVID-19, but are still waiting for a test or test result.

**Restricting movement** – (stay at home). Restricting movements means staying at home and avoiding contact with other people and social situations as much as possible. Restricting movement is for people who do not have signs of COVID-19 but who may be at higher risk of getting COVID-19 because they were exposed to a particular risk.

**If you have:**

- Recently returned from a designated state<sup>1</sup>, OR
- Have tested positive for COVID-19 and recently returned from a designated state<sup>1</sup>,

these guidelines do not apply to you. Please see the current [HPSC](#) guidelines for what to do in these specific situations.

For information for those returning from designated states who will need to enter Mandatory Hotel Quarantine, see [here](#).

If you are a health care worker, please refer to [occupational health](#) guidelines.

Please see pages 2 - 4 for full guide.

	Situation	Actions for person	Actions for others living with or in close contact with person
1	Positive COVID-19 test	<p>You need to self-isolate for 10 full days from when the symptoms of COVID-19 started, with no fever for the last 5 days.</p> <p>If you do not have symptoms of COVID-19, you must self-isolate for 10 full days, starting from the date of the positive test, even if you are vaccinated.</p>	Close contacts must restrict their movements for 14 days after last contact with case <sup>3</sup> . Close contacts will be tested on Day 0 and Day 10 after last contact with the case. If the test result on Day 10 is “Negative/Not Detected” and the close contact does not have any symptoms of COVID-19, they can stop restricting their movements.
2	A person with COVID-19 symptoms awaiting a COVID-19 test or test result. Sometimes the GP may say that results need to be repeated to be sure if the person has COVID-19 or not. This section applies for those in this situation also.	You need to self-isolate, including from other people in the house if possible, while waiting for the COVID-19 test or test result, <b>even if you are vaccinated.</b>	Household contacts <sup>2</sup> must restrict their movements while waiting for the COVID-19 test result, or until the person has been told that their illness is not from COVID-19.
3	A person with symptoms of COVID-19 disease and a “Negative/Not Detected” COVID-19 test result	You should follow medical advice from your GP. Self-isolate at home until 48 hours after your symptoms have resolved. Continue to limit contact with other people that you live with while you have symptoms.	There is no need for close contacts or household contacts <sup>2</sup> to restrict their movements any more.
4	A person with symptoms of illness that may be COVID-19, who is waiting for a doctor to assess their illness and decide if a COVID-19 test is needed.	You need to self-isolate until you have been assessed by a doctor, even if you are vaccinated. If the doctor thinks that you need to take a COVID-19 test based on your symptoms, follow advice in row 2 above.	Other people do not need to restrict their movements until the person has been assessed by a doctor. If the doctor decides the person needs a COVID-19 test, household contacts <sup>2</sup> of the person need to restrict their movements while waiting for the COVID-19 test result (Follow advice in Row 2).
5	A person with no symptoms of COVID-19 disease, but they have been told they are a close contact of someone with COVID-19. <sup>4</sup>	You need to restrict your movements for 14 days. <sup>3</sup> You will be tested on Day 0 and Day 10 after your last contact with the case. If the test result on Day 10 is “Negative/Not Detected” and you do not have any symptoms of COVID-19, you can stop restricting your movements.	No restrictions are required. No testing of household contacts <sup>2</sup> required.
6	A person with no symptoms of COVID-19 disease, but they have been told that they are a close contact of someone with COVID-19 <sup>4</sup> , however they have had COVID-19 infection themselves in the past 9 months.	<ul style="list-style-type: none"> <li>• If you received a positive result for COVID-19 in the last 9 months and you now have no symptoms, you do not need to be tested or to restrict your movements.</li> <li>• If it is more than 9 months since you received a positive result for COVID-19 and you have been told that you are a close contact with a COVID-19 case, but have no symptoms, you</li> </ul>	No restrictions are required, unless the person develops symptoms.

		<p>need to restrict your movements and be tested (follow advice in row 5).</p> <ul style="list-style-type: none"> <li>If you start to develop symptoms you will need to self-isolate and be tested for COVID-19, even if it is less than 9 months since you were diagnosed with COVID-19. (follow advice in row 2)</li> </ul>	
7	<p>A person with minor respiratory symptoms such as a runny nose but who has no COVID-19 symptoms (see top of page) AND the person is also a close contact of a confirmed case of COVID 19</p>	<p>You need to be assessed by a doctor to see if your symptoms could be caused by COVID 19. Self-isolate until you have been assessed by your doctor, even if you are vaccinated. If your doctor thinks that your symptoms are not caused by COVID 19, remain at home and self-isolate until 48 hours after resolution of all symptoms. After this you must continue to restrict your movements and be tested at day 0 and day 10. (Follow advice in row 5) If your doctor thinks that your symptoms may be caused by COVID 19, you need to continue to self-isolate and be tested. (Follow advice in row 2) If the result of your COVID 19 test is negative, you will still need to restrict your movements for 14 days because of your close contact with a confirmed case.</p>	<p>Household contacts<sup>2</sup> must restrict movements until the person has been assessed by a doctor. If the doctor thinks that the person does not have symptoms of COVID 19, household contacts no longer need to restrict movements.</p>
8	<p>A person with minor respiratory symptoms such as a runny nose but who has no COVID-19 symptoms (see top of page) AND the person has had NO contact with a COVID 19 case</p>	<p>Remain at home and self-isolate until 48 hours after resolution of all symptoms</p>	<p>No restrictions</p>
9	<p>A person who has travelled into Ireland from a <u>non</u>-designated state.</p>	<p>You need to self-isolate/quarantine<sup>5</sup> at home for 14 days, however you can end self-isolation/quarantine early, if the COVID 19 test you take on day 5 has a “not detected” result.</p>	<p>No restrictions unless the person who has returned from abroad develops symptoms.</p>
10	<p>A person who has COVID-19 symptoms, fits the criteria to be tested for COVID 19, but not tested for any reason</p>	<p>You need to self-isolate for 10 full days from when the symptoms of COVID-19 started with no fever for the last 5 days</p>	<p>Close contacts must restrict movements for after last contact with case<sup>3</sup>. (Follow advice in row 5)</p>
11	<p>A person who is a confirmed case of COVID-19 and is discharged from hospital to a residential care facility (RCF) before they have completed their 14-day period of self-isolation</p>	<p>The person must complete the remainder of the 14-day period of self-isolation in the RCF, with the last 5 days fever free<sup>6</sup></p>	<p>Carers must use transmission-based precautions</p>
12	<p>A person who had not been diagnosed in the last 14 days with COVID-19 is discharged from hospital to a residential care facility (RCF)</p>	<p>The person must restrict their movements for 14 days after they arrive at the RCF<sup>6</sup></p>	<p>Carers can use standard precautions</p>

- See <https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/#what-to-do-if-you-travel-to-ireland-from-high-risk-category-2-countries> for a list of current designated states
- Household contacts are people living or sleeping in the same house, people in shared living spaces who share a kitchen or bathroom, and sexual partners.

3. In limited cases it might not be possible for a case to self-isolate from their household contacts. This may occur if the case has additional needs. In these exceptional circumstances, household contacts must restrict their movements for 17 days from the day of onset of symptoms in the case (or test date if asymptomatic).
4. If you are a close contact with a case of COVID-19, but you are fully vaccinated, please refer to '[Guidance on the impact of vaccination on contact tracing](#)'
5. Quarantine is a legal term which is used by the government to describe the obligation for persons who have returned to Ireland, to either (a) stay at home and self-isolate from others if they have returned from a non-designated state, or (b) to isolate in a mandatory quarantine hotel if they have returned from a designated state.
6. See [here](#) for video explaining transfers of COVID-19 and non-COVID-19 cases to a residential care facility