



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

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### COVID-19 symptoms:

- Fever or high temperature (Above 38C/100.4F) or feeling feverish or have chills
- Cough, shortness of breath or difficulty breathing
- Runny nose, nasal or sinus congestion or sore throat
- Loss of or change in sense of taste or smell
- Headaches
- Aches and pains or tiredness
- Nausea or vomiting or diarrhoea

Symptoms may present differently in different age groups and with different variants of the virus. Some symptoms may also be confused with common cold, hay-fever or flu. **If you have any new symptoms, even if mild, self-isolate and arrange a COVID-19 test by either phoning your GP, booking online or going to a test centre.**

**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 Reverse Transcription Polymerase Chain Reaction (RT-PCR) 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.

**These guidelines do not include information for those who have recently returned from a designated state. Please see [gov.ie](http://gov.ie) for information for those returning from designated states.**

**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 RT-PCR 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, <b>even if you are vaccinated.</b></p>	Close contacts must restrict their movements for 14 days after last contact with case <sup>1</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 RT-PCR 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, whose symptoms may also relate to an underlying medical condition, 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>3</sup>	You need to restrict your movements for 14 days. <sup>1</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, 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	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 been fully vaccinated.	<p>Persons who are fully vaccinated, include those who are:</p> <ol style="list-style-type: none"> <li>7 days after receipt of the second Pfizer-BioNTech (Comirnaty<sup>®</sup>) dose (two dose vaccination course)</li> <li>14 days after receipt of the second Moderna (Moderna<sup>®</sup>) dose (two dose vaccination course)</li> <li>14 days after receipt of the Janssen (Janssen<sup>®</sup>) dose (one dose vaccination course)</li> <li>15 days after receipt of the second AstraZeneca (Vaxzevria<sup>®</sup> or Covishield) dose (two dose vaccination course)</li> </ol> <ul style="list-style-type: none"> <li>If you have been fully vaccinated and remain asymptomatic, you do not need to be tested or to restrict your movements unless specific circumstances apply<sup>4</sup>.</li> <li>If you start to develop symptoms you will need to self-isolate and be tested for COVID-19, even if you have been fully vaccinated (follow advice in row 2).</li> </ul>	No restrictions are required, unless the person develops symptoms.
8	A person with COVID-19 symptoms AND the person is also a close contact of a confirmed case of COVID 19	You need self-isolate and be tested for COVID-19. If your test result is negative, remain at home and self-isolate until 48 hours after resolution of all symptoms. After this you must continue to restrict your movements for 14 days from the day of last contact with the case and be tested at day 0 and day 10. (Follow advice in row 5)	Household contacts <sup>2</sup> must restrict movements while waiting for the COVID-19 test result.
9	A person with COVID-19 symptoms AND the person has had NO contact with a COVID-19 case	You need self-isolate and be tested for COVID-19. If your COVID-19 test is positive, follow advice in row 1. If your COVID-19 test is negative, follow advice in Row 3.	Household contacts <sup>2</sup> must restrict movements while waiting for the COVID-19 test result.
10	A person who has travelled into Ireland from a <u>non</u> -designated state.	<p>If you have valid proof of vaccination, no travel-related testing or quarantine<sup>5</sup> will be necessary.</p> <p>If you have valid proof of recovery from COVID in the past 180 days, no travel-related testing or quarantine will be necessary.</p> <p>If you do not have valid proof of vaccination or recovery, you will need to:</p> <ul style="list-style-type: none"> <li>present evidence of a negative result from a RT-PCR test taken within 72 hours prior to arrival into the country</li> <li><a href="#">self-quarantine</a> for 14 days</li> </ul>	No restrictions unless the person who has returned from abroad develops symptoms.

		<ul style="list-style-type: none"> <li>if you receive a negative result from a RT-PCR test taken from day 5 onwards after arrival into Ireland, you will be able to leave quarantine</li> </ul>	
11	A person who has COVID-19 symptoms, fits the criteria to be tested for COVID 19, but not tested for any reason	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	Close contacts must restrict movements for after last contact with case <sup>3</sup> . (Follow advice in row 5)
12	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	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>	Carers must use transmission-based precautions
13	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)	The person must restrict their movements for 14 days after they arrive at the RCF, unless they are fully vaccinated or have had COVID 19 infection in the past 9 months, in which case they are not required to restrict movements <sup>6</sup>	Carers can use standard precautions

- 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). This is regardless of whether further cases are identified in the household.
- 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.
- 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](#)' Known contact with a case of COVID-19 in which the case is a Person Under Investigation, probable or confirmed variant of concern excluding Alpha and Delta. In this situation the close contact should be managed as a close contact of a VOC.
- If the person's immune system response to vaccination could be compromised due to either a known medical condition or being on immunosuppressive treatment, they should be treated as a close contact - offered two tests and advised to restrict their movements. If there is any uncertainty as to whether the close contact has a medical condition or takes a treatment that would result in a sub-optimal response to vaccination, they should also be advised to restrict their movements and contact their treating physician who can advise if these recommendations apply to them. See Appendix B for a list of medical conditions and immunosuppressive treatments which are associated with sub-optimal response to vaccines. This list was compiled from 'The Immunisation Guidelines for Ireland', Chapter 5a – COVID-19 and may be subject to change/update in future.
  - A public health or occupational health risk assessment has identified other specific grounds for concern
  - The close contact develops symptoms of COVID-19, in which case they need to immediately self-isolate and be referred for one test. If the test result is negative they can discontinue self-isolation once they are symptom free for 48 hours.
- 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.
- See '[Interim Public Health, Infection Prevention & Control Guidelines on the Prevention and Management of COVID-19 Cases and Outbreaks in Residential Care Facilities](#)', for further information