

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

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The most common symptoms of COVID-19	Other symptoms
<ul style="list-style-type: none"><li>• Fever</li><li>• Dry cough</li><li>• Fatigue</li></ul>	<ul style="list-style-type: none"><li>• Loss of taste or smell,</li><li>• Nasal congestion,</li><li>• Conjunctivitis (also known as red eyes)</li><li>• Sore throat,</li><li>• Headache,</li><li>• Muscle or joint pain,</li><li>• Different types of skin rash,</li><li>• Nausea or vomiting,</li><li>• Diarrhea,</li><li>• Chills or dizziness.</li></ul>

Symptoms of severe COVID-19 disease may include shortness of breath, loss of appetite, confusion, persistent pain or pressure in the chest, high temperature (above 38 °C). 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.

**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 positive COVID-19 test (either PCR or antigen test) 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.

Please see [gov.ie](https://www.gov.ie) for the most up to date information regarding travel advice.

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

Please refer to the [National Interim Guidelines for Public Health Management of COVID-19 contacts and cases](#) and [algorithms](#) for further information for cases and close contacts.

	Situation	Actions
1	Positive COVID-19 (PCR or antigen)	<ul style="list-style-type: none"> <li>• <b>Self-isolate for 7 days from date of symptom onset</b>, or if asymptomatic from the date of positive test result (<b>either antigen or PCR test</b>).</li> <li>• Any individual with a positive antigen should regard it as confirmed COVID-19 and register it with the HSE. (<a href="https://antigentesting.hse.ie/">https://antigentesting.hse.ie/</a>). <b>A confirmatory PCR test is not required.</b></li> <li>• Can exit self-isolation after 7 full days, once symptoms have substantially or fully resolved for the final 2 days (48 hours) of the self-isolation period.</li> <li>• <b>Wear an FFP2 or medical grade face mask (surgical mask) for 10 full days after onset of symptoms or from the date of a positive test result.</b></li> <li>• On exiting self-isolation cases should be advised to follow the below advice, specifically during day 8, day 9 and day 10: <ul style="list-style-type: none"> <li>• limit close contact with other people outside their household<sup>1</sup>, especially in crowded, enclosed or poorly ventilated spaces (<b>excluding childcare and educational settings</b>)</li> <li>• wear an FFP2 mask or medical grade face mask (surgical mask) in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people</li> <li>• avoid contact with anyone who is at higher risk of severe illness if infected with COVID-19</li> <li>• work from home unless it is essential to attend in person</li> </ul> </li> <li>• If symptoms develop after exiting self-isolation, the individual should self-isolate again and re-test.</li> </ul>
2	An individual with <b>symptoms</b> suggestive of COVID-19 and <b>NOT</b> a close contact	<ul style="list-style-type: none"> <li>• <b>Should immediately self-isolate and get tested (PCR or antigen)</b></li> <li>• <b>Should wear a well-fitted medical grade (surgical) or FFP2 face mask.</b></li> <li>• <b>Individuals aged 40 years and older, all healthcare workers (HCW)<sup>2</sup>, those who are immunocompromised and those in risk groups should arrange an RT-PCR test and contact their GP as appropriate.</b></li> <li>• <b>All others should perform three antigen tests over three consecutive days.</b> The first test should be performed as soon as possible. If all tests are negative, and if it is 48hrs since their symptoms have substantially or fully resolved, they can exit self-isolation</li> <li>• <b>If the test performed is an antigen test, and if the result is positive, they should regard it as confirmed COVID-19 and register it with the HSE. A confirmatory PCR test is not required.</b></li> </ul>

3	Symptomatic close contacts	<ul style="list-style-type: none"> <li>• Should immediately <b>self-isolate and get tested (PCR or antigen)</b></li> <li>• Should <b>wear a well-fitted medical grade (surgical) or FFP2 face mask for 10 full days.</b></li> <li>• If the test performed is an antigen test, and if the result is positive, they should regard it as confirmed COVID-19 and register it with the HSE. <b>A confirmatory PCR test is not required.</b></li> <li>• Should perform three antigen tests over three consecutive days. The first test should be performed as soon as possible. If all tests are negative, and if it is 48hrs since their symptoms have substantially or fully resolved, they can exit self-isolation but as close contacts should continue to follow the advice as set out in row 4 (for asymptomatic close contacts).</li> <li>• Individuals aged 40 years and older, all healthcare workers (HCW)<sup>2</sup>, those who are immunocompromised and those in risk groups should contact their GP to arrange an RT-PCR test.</li> <li>• Follow all public health protective measures<sup>3</sup></li> </ul>
4	An asymptomatic close contact who has had confirmed COVID-19 since December 1, 2021	<ul style="list-style-type: none"> <li>• Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since <b>December 1, 2021</b> are exempt from restricted movements and testing unless they become symptomatic.</li> <li>• Follow all public health protective measures<sup>3</sup></li> <li>• If they become symptomatic they should immediately self-isolate and get tested (manage as per row 3).</li> </ul>
5	Asymptomatic close contact who is seven days post booster vaccine dose <b>OR</b> have completed their primary vaccination schedule <b>AND</b> have had COVID-19 infection detected (PCR or antigen) within the last three months	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li>• <b>Are not required to restrict their movements.</b> If symptoms develop, please manage as per row 3.</li> <li>• <b>Are required to wear an FFP2 mask or medical grade mask (surgical mask) for 10 full days.</b></li> <li>• Should perform three antigen tests. The first test should be performed as soon as possible, the second three days later and the final test on the seventh day.</li> <li>• <b>Any individual with a positive antigen test should regard it as confirmed COVID-19 and register it with the HSE. A confirmatory PCR test is not required. This individual should now be managed as a case as per row 1.</b></li> <li>• Follow all public health protective measures<sup>3</sup></li> </ul>
6	Asymptomatic close contacts who have either; <b>NOT</b> received their booster vaccine <b>OR</b> Have <b>NOT</b> had COVID-19 infection detected (PCR or antigen) regardless of	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li>• <b>Should restrict their movements for a period of 7 full days</b> from the date of last contact with the positive case (if known) or if not, from date of notification as a contact.</li> <li>• <b>Should wear an FFP2 mask or medical grade mask (surgical mask) for 10 full days.</b></li> </ul>

	completing their primary vaccination schedule	<ul style="list-style-type: none"> <li>• <b>Should perform three antigen tests.</b> The first test should be performed as soon as possible, the second three days later and the final test on the seventh day of restricted movements</li> <li>• <b>Any individual with a positive antigen test should regard it as confirmed COVID-19 and register it with the HSE. A confirmatory PCR test is not required. This individual should now be managed as a case as per row 1.</b></li> <li>• Follow all public health protective measures<sup>3</sup></li> </ul>
7	A person with symptoms of COVID-19 disease and a “not detected” or negative COVID-19 test result <b>(either PCR or antigen)</b> and who is <b>NOT</b> a close contact.	<ul style="list-style-type: none"> <li>• Follow medical advice from your GP. Restrict movements at home until 48 hours after your symptoms have substantially or fully resolved. Continue to limit contact with other people including those you live with while you have symptoms.</li> </ul>
8	A person with symptoms of COVID-19, but 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.	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
9	A person with no symptoms of COVID-19 disease who is unvaccinated or partially vaccinated, and have been told they are a close contact of someone with COVID-19.	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <p>Otherwise, please refer to advice in row 6.</p>
10	A symptomatic household close contact <sup>1</sup> of a case for whom it is not feasible to self-isolate	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li>• Symptomatic household close contacts who are in the following categories should arrange an RT-PCR test as soon as possible: <ul style="list-style-type: none"> <li>○ those aged between 0-3 years old</li> <li>○ those aged 40 years and older</li> <li>○ all healthcare workers (HCW)</li> <li>○ those who are immunocompromised and those in risk groups should contact their GP to arrange an RT-PCR test</li> </ul> </li> <li>• If the result is positive, the close contact becomes a case and should follow the advice in row 1.</li> <li>• If the initial test result is negative, the close contact should continue to self-isolate for 14 full days.</li> </ul>

		<ul style="list-style-type: none"> <li>The close contact should arrange a repeat RT-PCR test on day 14</li> <li>All other symptomatic household close contacts should perform 3 RADTs over 3 consecutive days (the first test should be performed as soon as possible) within the first 7 days of self-isolation and repeat over the second 7 days.</li> <li>If a result is positive, the symptomatic close contact becomes a case and should follow the advice in row 1.</li> <li>If any of the test results are negative, the symptomatic close contact should continue to self-isolate for 14 full days</li> <li>For all symptomatic close contacts regardless, if all tests are negative, the symptomatic close contacts can exit self-isolation after 14 days, provided it is 48hrs since their symptoms have substantially or fully resolved.</li> </ul>
11	Asymptomatic household <sup>1</sup> close contacts of a case for whom it is not feasible to self-isolate <b>AND</b> who have received their booster vaccine <b>OR</b> have completed their primary vaccination course <b>AND</b> have had confirmed COVID-19 infection in the previous 3 months	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li><b>Do not need to restrict their movements</b></li> <li><b>Should perform 6 antigen tests over 14 days</b> (the first test should be performed as soon as possible and repeated at regular intervals with the final test performed on day 14).</li> <li><b>Are required to wear an FFP2 mask or medical grade (surgical) mask for 14 full days</b></li> </ul>
12	Asymptomatic household close contacts of a case for whom it is not feasible to self-isolate who have not received their booster vaccine <b>OR</b> have not had confirmed COVID-19 infection in the past 3 months	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li><b>Restrict their movements for 14 full days</b></li> <li><b>Should perform 6 antigen tests over 14 days</b> (the first test should be performed as soon as possible and repeated at regular intervals with the final test performed on day 14).</li> <li><b>Are required to wear an FFP2 mask or medical grade mask (surgical mask) for 14 full days</b></li> </ul>
13	A person who has travelled into Ireland	Please see <a href="https://www.gov.ie">gov.ie</a> for the latest advice relating to travel.
14	A person who has COVID-19 symptoms, fits the criteria to be tested for COVID 19, but not tested for any reason	The individual should be managed as a case. Please see guidance in Row 1. Close contacts of the individual should be managed as close contacts of a confirmed case (please see <a href="#">here</a> for further details).
15	A person who is a confirmed case of COVID-19 and is discharged from hospital to a residential	<p>The person must complete the remainder of the 10-day period of self-isolation in the RCF, with the last 5 days fever free.</p> <p>Please see guidance for congregated healthcare settings including <a href="#">residential care facilities</a>.</p>

	care facility (RCF) before they have completed their 14-day period of self-isolation	
16	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 have completed their primary vaccination schedule or have had COVID 19 infection in the past 9 months, in which case they are not required to restrict movements.  Please see guidance for congregated healthcare settings including <a href="#">residential care facilities</a> .

<sup>1</sup>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.

<sup>2</sup>Although antigen tests are not recommended for symptomatic healthcare workers, in the event that a symptomatic healthcare worker performs an antigen test and obtains a negative result, please continue to self-isolate and book a PCR test. If the antigen test result is positive, **a confirmatory PCR test is not required.**

<sup>3</sup>Public health measures:

- limit close contact with other people outside their household, especially in crowded, enclosed or poorly ventilated spaces (**excluding childcare and educational settings**)
- wear an FFP2 mask or medical grade face mask (surgical mask) in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people
- avoid contact with anyone who is at higher risk of severe illness if infected with COVID-19
- work from home unless it is essential to attend in person