



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

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The most common symptoms of COVID-19 are

- Fever
- Dry cough
- Fatigue

Other symptoms that are less common and may affect some patients include:

- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.

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).

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.

**Please note if you have recently travelled from a scheduled State, these guidelines do not apply to you. Please see 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 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>For cases aged <math>\geq 13</math> years who are at least seven days post booster vaccination OR have completed their primary vaccination course and have had Covid-19 infection within the previous three months, should self-isolate for a minimum of seven days from date of symptoms onset (or date of first positive test if asymptomatic) with exit after seven days only if symptoms have substantially or fully resolved for the final two of those seven days. Those exiting isolation after seven days will be advised that, from days 8 to 10 post onset of symptoms:</p> <ul style="list-style-type: none"> <li>o Limit close contact with other people outside their household, especially in crowded, enclosed or poorly ventilated spaces</li> <li>o Wear a face covering in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people</li> <li>o Take an antigen test before entering crowded, enclosed or poorly ventilated spaces and prior to having close contact with other people from outside their household</li> <li>o Avoid contact with anyone who is at higher risk of severe illness if infected with COVID-19</li> <li>o Work from home unless it is essential to attend in person</li> <li>o Follow all other public health protective measures.</li> </ul> <p>All others cases aged <math>\geq 13</math> years and who <b>have not</b> received a booster vaccination or have not had Covid-19 infection within the previous three months, should:</p> <ul style="list-style-type: none"> <li>• Self-isolate for 10 days from symptom onset with exit after ten days only if symptoms have substantially or fully resolved for the final two of those ten days.</li> </ul>	<p>Management of all <b>asymptomatic</b> close contacts who are 13 years of age and over who are in either of the following categories:</p> <ul style="list-style-type: none"> <li>• More than 7 days after receipt of their booster vaccine OR</li> <li>• Who have had confirmed COVID-19 infection within the last 3 months AND who have completed their primary vaccination schedule should restrict movements (RM) for 5 days from when they are informed they are a close contact. They will receive 3 antigen tests, one of which should be performed as soon they receive the tests and one repeated every second day until all 3 antigen tests have been performed. If any of the antigen test results are positive, they should immediately self-isolate and book an RT-PCR test. For those for whom it is not feasible to self-isolate from a case within the household setting, they should RM for 5 days from the onset of symptoms of the first case or from the date of the test of the first case, if this case was asymptomatic. If another case is identified within the household setting they should RM for a further 5 days from the onset of symptoms of the second case or from the date of the test of the second case, if this case was asymptomatic, up to a maximum of 10 days regardless of any additional cases.</li> </ul> <p>Management of all <b>asymptomatic</b> close contacts who are in either of the following categories:</p> <ul style="list-style-type: none"> <li>• Have completed their primary vaccination schedule <b>only</b> AND have NOT received a booster vaccine OR</li> <li>• Have had confirmed COVID-19 infection within the last 3 months AND have not completed their primary vaccination schedule.</li> </ul> <p>Should restrict their movements for 10 full days from when they are informed they are a close contact. They will receive 5 antigen tests. The first test should be performed on the day the test arrives and then one test every second day. If a test is performed incorrectly or the result is unclear, there is no need to repeat it that day but it is important to do the next test as scheduled (i.e., 2 days later). Continue until all 5 tests are performed as scheduled. If the test performed incorrectly is the last test, there is no need to order more tests.</p>

			<p>It is important to complete a full 10 days of RM. For whom it is not feasible to self-isolate from a case within the household setting (e.g. children who are over 3 months and under 13 years of age or adults with care needs). They should restrict their movements for 17 days from the onset of symptoms of the first case or from the date of the test of the first case, if this case was asymptomatic. This is regardless of whether further cases are identified in the household. They should also have an RT-PCR test on day 0 and day 10. If the Day 0 test is positive – the contact becomes a case and must immediately self-isolate for 10 days. Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a></p>
2	<p>An individual with symptoms suggestive of COVID-19 and <b>not</b> a close contact</p>	<p><b>For symptomatic individuals aged 4-39 years</b> if <a href="#">symptoms</a> consistent with COVID-19 develop within the first 14 days following the last contact regardless of the individuals vaccination status or prior COVID-19 infection, the individual should:</p> <ul style="list-style-type: none"> <li>• Immediately self-isolate and undertake regular rapid antigen detection tests (RADTs). The first antigen test should be performed as soon as possible and two further antigen tests should be done at 24-hour intervals from the first one. A minimum of three antigen tests is recommended.</li> <li>• If any of the antigen test results are positive, they should continue to self-isolate and book a confirmatory RT-PCR test.</li> <li>• It is important that the symptomatic individual continues to self-isolate until all three antigen tests have been performed and those with repeated 'not detected' antigen tests should also continue to self-isolate until 48 hours after their symptoms have resolved.</li> <li>• Symptomatic individuals with an underlying condition which puts them at higher risk of severe disease or</li> </ul>	<p>Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a></p>

		<p>anyone who has a clinical concern will be advised to contact their GP so that they can be prioritised for RT-PCR testing if appropriate.</p> <p><b>For other symptomatic individuals (i.e. those who are medically vulnerable and those aged ≥40 years),</b>  If <a href="#">symptoms</a> consistent with COVID-19 develop within the first 14 days following the last contact regardless of the individuals vaccination status or prior COVID-19 infection, the individual should:</p> <ul style="list-style-type: none"> <li>• <a href="#">Self-isolate</a> and book an RT-PCR test regardless of whether they are fully vaccinated, have received a booster vaccine or have had prior COVID-19 infection within 3 months. If the test is not detected they can cease self-isolation once they are 48hrs symptom free.</li> <li>• If not fully vaccinated, <a href="#">self-isolate</a> and get an RT-PCR test as per the current recommendations for suspected COVID-19 cases i.e., tested on day 0 and day 10. Exit RM if day 10 test result is “not detected” and you are symptom free for 48 hours. <u>The Day 10 RT-PCR test is to be performed 10 full days after that last contact (where day 1 begins the day after the individuals last contact with the case.</u> In the absence of a Day 10 test, those who are not fully vaccinated must restrict their movements for <b>14 days</b>.</li> <li>• Symptomatic individuals with an underlying condition which puts them at higher risk of severe disease or anyone who has a clinical concern will be advised to contact their GP so that they can be prioritised for RT-PCR testing if appropriate.</li> </ul>	
3	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> .	All close contacts of a symptomatic person awaiting an RT-PCR result should RM until the test result has come back regardless of the close contacts vaccination status or prior COVID-19 infection.  If symptoms develop they will need to self-isolate and be tested for COVID-19 regardless of vaccination status. (see advice in row 1)
4	A person with symptoms of COVID-19 disease and a “Negative/Not Detected”	You should follow medical advice from your GP. Self-isolate at home until 48 hours after your symptoms have resolved. Continue to limit	There is no need for close contacts or household contacts <sup>2</sup> who are not fully vaccinated to restrict their

	RT-PCR COVID-19 test result	contact with other people including those you live with while you have symptoms.	movements if they have no symptoms.
5	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 and 3 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 who are not fully vaccinated need to restrict their movements while waiting for the COVID-19 test result (Follow advice in Row 2). Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a>
6	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. <sup>3</sup>	Refer to advice in row 1, column 3 and also please see <a href="#">section 5.3.2 of 'National Guidelines for Public Health Management of contacts of cases of COVID-19'</a> for further information..	Refer to advice in row 1.
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, however they have had COVID-19 infection themselves in the past 3 months.	Please refer to advice in row 1, column 3. Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a>	No restrictions are required, unless the person develops symptoms.
8	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 been fully vaccinated, but have not received their booster vaccine OR had previous COVID-19 infection in the last 3 months.	They should restrict their movements for 10 full days from when they are informed they are a close contact. They will receive five antigen tests. The first test should be performed on the day the test arrives and then one test every second day. If a test is performed incorrectly or the result is unclear, there is no need to repeat it that day but it is important to do the next test as scheduled (i.e., 2 days later). Continue until all five tests are performed as scheduled. If the test performed incorrectly is the last test, there is no need to order more tests. It is important to complete a full 10 days of restricted movements. Please see <a href="#">section 5.3.2 of 'National Guidelines for Public Health Management of contacts of cases of COVID-19'</a> for further information as RADTs are not recommended for all asymptomatic close contacts.  Persons who are fully vaccinated, include those who are: <ul style="list-style-type: none"> <li>• 7 days after receipt of the <b>second</b> Pfizer-BioNTech (Comirnaty®) dose (two dose vaccination course)</li> </ul>	No restrictions are required, unless the close contacts antigen tests are positive. Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a>

		<ul style="list-style-type: none"> <li>• 14 days after receipt of the second Spikevax® ( Covid-19 vaccine Moderna®) dose (two dose vaccination course)</li> <li>• 15 days after receipt of the second AstraZeneca (Vaxzevria® or Covishield) dose (two dose vaccination course)</li> <li>• 14 days after receipt of the Janssen (Janssen®) dose (one dose vaccination course)</li> <li>• 14 days after receipt of an extended primary dose of vaccination (three dose vaccination course<sup>1</sup>). Please note this does not apply to those who have received: <ul style="list-style-type: none"> <li>a. a transplant (solid organ, bone marrow, haematopoietic stem cell) in the past 12 months</li> <li>b. systemic cytotoxic chemotherapy or other systemic cancer chemotherapy in the past 12 months</li> </ul> </li> </ul>	
9	A person with no symptoms of COVID-19 disease, but they are a <b>Household</b> close contact of someone with COVID-19.	<p>Management of all asymptomatic close contacts who are in either of the following categories:</p> <ul style="list-style-type: none"> <li>• More than 7 days after receipt of their booster vaccine OR</li> <li>• Who have had confirmed COVID-19 infection within the last 3 months AND who have completed their primary vaccination schedule should restrict movements (RM) for 5 days from when they are informed they are a close contact. They will receive three antigen tests one of which should be performed as soon they receive the tests and one repeated every second day until three antigen tests have been performed. If any of the antigen test results are positive, they should immediately self-isolate and book an RT-PCR test. It is important that all asymptomatic close contacts complete all three antigen tests, even after RM has ended.</li> </ul> <p>Management of all asymptomatic close contacts, and are in either of the following categories:</p> <ul style="list-style-type: none"> <li>• Have completed their primary vaccination schedule <b>only</b> AND have NOT received a booster vaccine OR</li> </ul> <p>Have had confirmed COVID-19 infection within the last 3 months AND have not completed their primary vaccination schedule should restrict their movements for 10 full days from when they are informed they are a close contact. They will receive five antigen tests. The first test should be performed on the day the test arrives and then one test every second day. If a test is performed incorrectly or the result is unclear, there is no need to repeat it that day</p>	No restrictions are required, unless the person develops symptoms. Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a>

<sup>1</sup> An additional mRNA vaccine dose should be given to those aged 12 and older who are immunocompromised, associated with a suboptimal response to vaccines who have completed their primary course, regardless of whether the primary course was an mRNA or an adenoviral vector vaccine. This is an extended primary vaccination course. The additional vaccine should be given after a minimum interval of two months following the last dose of an authorised COVID-19 vaccine



		<p>but it is important to do the next test as scheduled (i.e., 2 days later). Continue until all five tests are performed as scheduled. If the test performed incorrectly is the last test, there is no need to order more tests.</p> <p>It is important to complete a full 10 days of restricted movements.</p> <p>Asymptomatic healthcare workers identified as a close contact in a household setting will also be required to follow the above advice unless otherwise directed by their line manager.</p> <p>Please see here for further <a href="#">Occupational Health guidance</a>.</p>	
10	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 4). Please see National interim guidance for public health management of cases and contacts of confirmed COVID-19 and algorithm <a href="#">here</a>	Household contacts <sup>2</sup> must restrict movements while waiting for the COVID-19 test result.
11	A person who has travelled into Ireland	Please see <a href="#">gov.ie</a> for the latest advice relating to travel.	Please see <a href="#">gov.ie</a> for the latest advice relating to travel.
12	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 14 full days from when the symptoms of COVID-19 started with no fever for the last 5 days	If close contacts are symptomatic, you will need to restrict movements and be tested, even if vaccinated. If asymptomatic, please follow advice in row 6,7,8.
13	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>4</sup>	Carers must use transmission-based precautions
14	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>4</sup>	Carers can use standard precautions

1. 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.
2. 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. If you are a close contact with a case of COVID-19,, 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.

4. See [Public Health & Infection Prevention & Control Guidelines on the Prevention and Management of Cases and Outbreaks of COVID-19, Influenza and Other Respiratory Infections in Residential Care Facilities](#), for further information