



Advice for people in the community with COVID-19 (Coronavirus) and their contacts

(Please note this advice does not apply to people who are hospitalised with COVID-19 or for those who are in a residential care facility or nursing home and diagnosed with COVID-19. Advice for contacts remains the same for all settings.)

This leaflet will tell you about COVID-19. COVID-19 is a new disease - caused by a virus called the Coronavirus. It is affecting people around the world and can make some people very sick. You may have a cough and high temperature with COVID-19. You may also find it hard to breathe or lose your sense of taste or smell. Most people with COVID-19 do not get very sick. Some people may stay well and not get sick at all. They may not even know that they have COVID-19.

Anyone who catches COVID-19, even if they do not get sick, can pass the infection on to other people. If you get COVID-19, you are known as a **'Case'**. If you have close contact with a case (especially if you live in the same house as a case) you are known as a **'Contact'**. Contacts may be at risk of catching COVID-19 and getting sick.

Translated Online Resources – you'll find COVID-19 advice and help here, in your own language

NASC - the Migrant and Refugee Rights Centre

- [COVID-19 World Service](#) (information videos in many languages)
- [COVID-19 World Service Twitter](#)

The Health Service Executive (HSE)

- [COVID-19 Translated Resources](#) (information in many languages)

The Health Protection Surveillance Centre (HPSC)

- [COVID-19 Translated Information and Resources](#)

If you have COVID-19

- This means your test is **POSITIVE** for COVID-19
- **You must self-isolate for 10 days from the day your symptoms started**, the last 5 of which should be free of fever. If you have no symptoms you must self-isolate for 10 days from the day that you had your swab test. Self-isolation means **you must stay at home in a separate room and avoid contact with other people**.
- If you start to feel sick, especially if you find it hard to breathe, phone your doctor immediately.
- If you feel very sick – phone the emergency services on 112 or 999.
- Stay in a separate room with a window you can open, if possible.
- Clean your hands with soap and water, or hand gel often.
- If you cough or sneeze, cover your mouth and nose with a tissue, or cough or sneeze into the bend of your elbow.
- Do not share your things with other people.
- Do not have visitors to your home.
- **The HSE is phoning everyone who has a positive test for Coronavirus.**
- **The HSE will explain what you need to do.**
- **The HSE will answer all your questions.**

If you are a COVID-19 CONTACT

- This means you have been in **close contact** with a person who has COVID-19.
- **You must restrict your movements, stay at home and avoid contact with other people as much as possible, for 14 days after you were last in contact with the person who has COVID-19.**
- We will arrange a test for COVID-19 for you. You must **restrict your movements for the full 14 days even if the test says you do not have COVID-19**. We will be in contact to tell you what to do.
- We will send you a daily text message to remind you to stay at home and to check if you have any symptoms of COVID-19.
- Clean your hands with soap and water, or hand gel often.
- If you cough or sneeze, cover your mouth and nose with a tissue, or cough or sneeze into the bend of your elbow.
- Look out for any of the following symptoms:
 - A new cough
 - Shortness of breath/ Breathing difficulties
 - High temperature (38°C or over)
 - Loss of taste
 - Loss of smell
 - Other milder symptoms such a sore throat and runny nose

- If you start to feel sick, go to a room on your own and self-isolate. Telephone your doctor immediately and tell your doctor that you are a close contact of a positive case of COVID-19. You will be advised by your doctor about what to do.
- If you feel very sick, especially if you find it hard to breathe, call the emergency services on 112 or 999. Let the emergency services know that you have been identified as a close contact of a positive case of COVID-19.