



Isolation quick guide - Adults and children from their 13th birthday

V4 30.11.2021

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>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>	<p>Close contacts who have symptoms - self isolate and get PCR test (row 9)</p> <p>Close contacts who have no symptoms and are fully vaccinated - three Rapid Antigen Detection Tests (RADTs) (row 7)</p> <p>Close contacts who have no symptoms and are not fully vaccinated - restrict movements for 14 days after last contact with case¹ Or until Day 10 PCR testing 'not detected'. (row 5)</p> <p>Close contacts who have no symptoms AND had COVID-19 themselves within the past 9 months - no restriction of movement and no testing. (row 6)</p> <p>Close contacts who have no symptoms AND had COVID-19 themselves more than 9 months ago AND who are fully vaccinated- use an antigen test every other day until three negative tests. (row 7)</p> <p>Close contacts who have no symptoms AND had COVID-19 themselves more than 9 months ago AND who are not fully vaccinated- restrict movements for 14 days after last contact with case¹ Or until Day 10 PCR testing 'not detected'(row 5)</p> <p>Asymptomatic, fully vaccinated household contacts of confirmed case - restrict their movements for five days from the date that they are informed they are a household contact and use an antigen test every other day until three negative tests. (row 8).Please see section 5.3.1 of 'National Guidelines for Public Health Management of contacts of cases of COVID-19' for further information.</p> <p>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 (row 2).</p>
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, even if you are vaccinated.	Household contacts ² who are not fully vaccinated must restrict their movements while waiting for the COVID-19 test result. If the test result is "Negative/Not Detected" and the close contact does not have any symptoms of COVID-19, they can stop restricting their movements.

			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).
3	A person with symptoms of COVID-19 disease and a “Negative/Not Detected” RT-PCR 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 including those you live with while you have symptoms.	There is no need for close contacts or household contacts ² who are not fully vaccinated to restrict their movements if they have no symptoms.
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 ² 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).
5	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. ³	Asymptomatic close contacts who are not fully vaccinated must restrict their movements for 14 days after last contact with case ¹ . 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. Please see section 5.3.2 of ‘National Guidelines for Public Health Management of contacts of cases of COVID-19’ for further information as RADTs are not recommended for all asymptomatic close contacts.	No restrictions are required, unless the person develops symptoms.
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"> • 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. • 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 AND you are fully vaccinated and have no symptoms, please follow advice in row 7. • 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, AND you are not fully vaccinated and have no symptoms, you need to restrict 	No restrictions are required, unless the person develops symptoms.

		<p>your movements and be tested by RT-PCR test. (row 5)</p> <ul style="list-style-type: none"> 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) 	
7	<p>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.</p>	<p>Asymptomatic close contacts who are fully vaccinated will receive Rapid Antigen Detection Tests (RADT) and will be requested to self-administer one antigen test as soon they get the test and repeat every second day until three antigen tests have been performed.</p> <ul style="list-style-type: none"> If the result of the RADT is positive, individuals must self-isolate and book a RT-PCR test. 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). <p>Please see section 5.3.2 of 'National Guidelines for Public Health Management of contacts of cases of COVID-19' for further information as RADTs are not recommended for all asymptomatic close contacts.</p> <p>Persons who are fully vaccinated, include those who are:</p> <ul style="list-style-type: none"> 7 days after receipt of the second Pfizer-BioNTech (Comirnaty[®]) dose (two dose vaccination course) 14 days after receipt of the second Spikevax[®] (Covid-19 vaccine Moderna[®]) dose (two dose vaccination course) 15 days after receipt of the second AstraZeneca (Vaxzevria[®] or Covishield) dose (two dose vaccination course) 14 days after receipt of the Janssen (Janssen[®]) dose (one dose vaccination course) 14 days after receipt of an extended primary dose of vaccination (three dose vaccination course¹). Please note this does not apply to those who have received: <ul style="list-style-type: none"> a. a transplant (solid organ, bone marrow, haematopoietic stem cell) in the past 12 months 	<p>No restrictions are required while waiting to receive the RADTs, unless the person develops symptoms.</p>

¹ 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

		b. systemic cytotoxic chemotherapy or other systemic cancer chemotherapy in the past 12 months	
8	A person with no symptoms of COVID-19 disease, but they are a Household close contact of someone with COVID-19.	<p>Asymptomatic, fully vaccinated household contacts of confirmed case must restrict their movements for five days from the date they are informed they are a household contact and self-administer three antigen tests (RADTs). The first antigen tests should be performed as soon as the household contact receives the test and is repeated every second day until three antigen tests have been performed. Household contacts can exit restriction of movement after five days (day six) even if they have not yet completed all three antigen tests provided they have no symptoms of COVID-19.</p> <p>It is important that household contact(s) complete all three antigen tests even after restricted movement has ended.</p> <p>If the result of any one of the RADTs is positive, individuals must self-isolate and book a RT-PCR test..</p> <p>If the household contacts develop COVID-19 symptoms at any time regardless of a negative antigen test result they should self-isolate immediately and book at RT-PCR test.</p> <p>This does not apply to household contacts who have had confirmed COVID-19 infection in the past nine months. (see row 6)</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. Please see here for further Occupational Health guidance.</p>	<p>No restrictions are required, unless the person develops symptoms.</p> <p>For Household contacts follow advice in row 8.</p>
9	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 3)	Household contacts ² who are not fully vaccinated must restrict movements while waiting for the COVID-19 test result.

10	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 ² who are not fully vaccinated must restrict movements while waiting for the COVID-19 test result.
11	A person who has travelled into Ireland	Please see gov.ie for the latest advice relating to travel.	Please see gov.ie 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 10 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 5,6,7.
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 ⁴	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 ⁴	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, 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.
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