



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

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COVID-19 symptoms: Sudden onset of fever more than or equal to 38.0°C, cough, shortness of breath, anosmia, dysgeusia or ageusia (loss of sense of smell, distortion of sense of taste, loss of sense of taste)

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. It applies to people with laboratory confirmed COVID-19 and to those with suspected COVID-19.

Restricting movement means staying at home and avoiding contact with other people and social situations as much as possible. It applies to those who are without symptoms but at higher risk of developing COVID-19 because they were exposed to a particular risk.

If you have:

- Recently returned from a Category 2 country¹, OR
- Are a household contact² of someone who has recently returned from a Category 2 country¹, OR
- Have tested positive for COVID-19 and recently returned from a Category 2 country¹, OR
- Have tested positive for COVID-19 and have been in contact with someone who recently returned from a Category 2 country¹

these guidelines do not apply to you. Please see the current [HPSC](#) and [HSE](#) guidelines on what to do in these specific situations.

Please see page 2 for full guide.

	Condition	Person	Others
1	Laboratory confirmed COVID-19	Self-isolate for 10 days from onset of symptoms with last 5 days without a fever (If asymptomatic, 10 days from date of test)	Close contacts restrict movements for 14 days after last contact with case ³ , and test on Day 0 and Day 10. End restricted movements if asymptomatic and Day 10 test result “not detected”
2	COVID-19 symptoms awaiting test or test result (includes patients with samples reported as indeterminate/invalid until repeat test is available or COVID-19 has been excluded on other grounds)	Self-isolate, including from household members, pending test result	Household contacts ² restrict movements pending test results/exclusion of COVID-19 diagnosis
3	COVID-19 symptoms, test result “Not Detected”	Follow medical advice. Self-isolate until 48 hours symptom free. Continue to limit contact with household members to limit spread of viral symptoms	Restrictions no longer needed
4	Some medical symptoms that may be COVID-19 related and awaiting medical assessment that day to determine if testing is required	Self-isolate pending assessment	No restrictions until medical assessment determines that COVID-19 testing is required. If yes, restrict movements pending test results
5	No symptoms. Close contact of confirmed case	Restrict movements for 14 days, and test on Day 0 and Day 10. End restricted movements if asymptomatic and Day 10 test result ‘not detected’. If case from a Category 2 country ¹ , self-isolate for 14 days and arrange for COVID-19 test with GP. Continue enhanced precautions for 1 week after self-isolation period ends. See https://www2.hse.ie/conditions/coronavirus/recently-arrived-into-ireland.html for more information.	No restrictions unless case from a Category 2 country ¹ . If case from a Category 2 country ¹ , then household contacts ² of close contact must restrict movements for 14 days. No testing of household contacts ² required.
6	Minor respiratory symptoms, no COVID-19 symptoms (see top of page) AND close contact of confirmed case OR travel from region not on Green Region ⁴ list	Assessment +/- testing advised. Self-isolate pending assessment of symptoms. N.B. Movements should be restricted for 14 days due to close contact/travel from non-Green Region ⁴ . In certain instances, the duration of restricted movement for travel can be reduced. See link ⁴ below for more detail. If close contact, test on Day 0 and Day 10. End restricted movements if asymptomatic and Day 10 test result ‘not detected’. If close contact of a case from a Category 2 country ¹ , see point 5 above.	Household contacts ² restrict movements pending assessment.
7	Minor respiratory symptoms, no COVID-19 symptoms (see top of page) AND not a contact OR no history of travel	Remain at home and self-isolate until 48 hours after resolution of all symptoms	No restrictions
8	Travel from country not on Green Region list ⁴	Restrict movements for 14 days. In certain instances, the duration of restricted movement for travel can be reduced. See link ⁴ below for more detail. If symptoms develop, self-isolate and test for COVID-19 (See point 6).	No restrictions unless the person who has returned develops symptoms.

9	COVID-19 symptoms, fits criteria for testing, but not tested for any reason	Self-isolate for 10 days with last 5 days without a fever	Close contacts restrict movements for 14 days after last contact with case ³ , and test on Day 0 and Day 10. End restricted movements if asymptomatic and Day 10 test result “not detected”
10	Confirmed COVID-19 discharged from hospital to a residential care facility	Complete 14-day period of self-isolation with the last 5 days fever free ⁵	Carers must use transmission-based precautions
11	Non-COVID-19 discharged from hospital to a residential care facility	Restrict movements for 14 days ⁵	Carers can use standard precautions

¹See <https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/#what-to-do-if-you-travel-to-ireland-from-high-risk-category-2-countries> for a list of current Category 2 countries

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.

³In 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).

⁴Further information on Green regions is available at <https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>

⁵See [here](#) for video explaining transfers of COVID-19 and non-COVID-19 cases to a residential care facility