



Isolation quick guide - applying to those aged greater than 3 months and up to 13th birthday

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COVID-19 symptoms: Fever more than or equal to 38.0°C in the absence of an alternative diagnosis (e.g. UTI, varicella) OR new cough or shortness of breath or deterioration in existing respiratory condition, OR anosmia, dysguesia or ageusia (loss of sense of smell, distortion of sense of taste, loss of sense of taste) (if the child can express these symptoms) OR minor respiratory symptoms in a child who has other ill contacts, is part of an outbreak or is a contact of a confirmed COVID-19 case.

[Self-isolation](#) means staying indoors and completely avoiding contact with other people. This includes other people in your child's household, as much as possible. It applies to children with confirmed or suspected COVID-19.

[Restricting movement](#) means avoiding contact with other people and social situations as much as possible and not going to school or creche. It applies to those who are without symptoms but considered at higher risk of developing COVID-19 because they were exposed to a particular risk.

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*)
2	COVID-19 symptoms awaiting test or test result (this includes patients with samples reported as indeterminate/invalid until such time as repeat test is available or it has been determined that COVID-19 has been excluded on other grounds)	Self-isolate, including from household members if possible, pending test result	Members of the household restrict movements pending test results/exclusion of COVID-19 diagnosis
3	COVID-19 symptoms, test result "Not Detected"	Follow medical advice. Restrict movement until 48 hours symptom free.	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 if COVID-19 testing is required. If yes, restrict movements pending results.
5	No symptoms. Close contact of confirmed case	Restrict movements for 14 days, testing as advised by public health (Day 0 and Day 7)	No restrictions
6	Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath. AND Close contact of proven case OR travel from region not on Green Region** list	Assessment +/- testing advised. Self-isolate pending assessment of symptoms. N.B. Movements should be restricted for 14 days due to close contact/travel to non-Green Region**. In certain instances, the duration of restricted movement can be reduced. See www.gov.ie for more detail.	Members of the household restrict movements pending assessment
7	Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath AND ill household contact with COVID-19 symptoms	Assessment +/- testing advised of child and symptomatic household contact, as the risk of COVID-19 within a household increases with each additional ill household contact. Self-isolate pending assessment of symptoms	Members of the household restrict movements pending assessment
8	Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath, and NO ill contacts or history of travel	Keep home from school or childcare for a period of 48 hours. Monitor child's condition for deterioration or new symptoms. If no deterioration or new symptoms AND no need for paracetamol or ibuprofen, then child can return to school or childcare.	No restrictions
9	Runny nose, not unwell, good form, good energy and normal appetite, no fever, not requiring paracetamol, ibuprofen or any other antipyretic	Can go to school	No restrictions
10	Travel from country not on Green Region list**	Restrict movements for 14 days, In certain instances, the duration of restricted movement can be reduced. See www.gov.ie 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
11	COVID-19 symptoms, fits criteria for testing, but not tested for any reason, or declines testing	Treat as confirmed case. Self-isolate for 10 days with last 5 days without a fever	Close contacts restrict movements for 14 days (after last contact with case)

* When caring for young children it might not be possible for the child to be isolated from their household contacts. In these 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).

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