



## Isolation quick guide for parents and guardians of children older than 3 months and up to 13 years of age

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### Signs of COVID-19 disease:

- fever of 38.0°C or higher without another medical reason (such as chickenpox or a urine infection) OR
- new cough or difficulty breathing or worsening of an existing breathing problem, OR
- loss of sense of smell, change in sense of taste, or loss of sense of taste (if your child is able to say this) OR
- other minor breathing or chest problems in a child who has been in contact with an ill person, is part of an outbreak or is a contact of someone who has COVID-19
- Other symptoms associated with COVID-19 include fatigue, nasal congestion, conjunctivitis, sore throat, headache, muscle/joint pain, skin rash, nausea or vomiting, diarrhoea, chills or dizziness.

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 acute symptoms suggestive of COVID-19, self-isolate and contact your GP. However, if you or your child's symptoms are very mild then stay at home, reassess after 48 hours and contact your GP for advice.

[Self-isolation](#) – (stay in your room). Self-isolation means staying indoors and completely avoiding contact with other people. This includes other people who live in the same house as your child, as much as possible. Self-isolation is for children who have had a test that shows they have COVID-19 and also for children who have some symptoms of COVID-19, but are still waiting for a test or test result.

[Restricting movement](#) – (stay at home). Restricting movement means avoiding contact with other people as much as possible. This includes not going to school, crèche or social activities. 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 see [gov.ie](https://www.gov.ie) for the most up to date information regarding travel advice.

See page 2 -4 for full guide.

	Situation	Actions for child	Actions for others minding or living with the child
1	Positive PCR COVID-19 test	<p>Your child needs to self-isolate for 10 full days from when the signs of COVID-19 started, with no fever for the last 5 days</p> <p>If your child does not have signs of COVID-19, they must self-isolate for 10 full days, starting from the date of the test.</p>	<p>Asymptomatic children who are identified as <b>household contacts<sup>2</sup></b> <b>regardless of vaccination status</b> need to restrict their movements (RM) and get an RT-PCR test on day 0 and day 10. They can exit RM if a not detected result on day 10. In the absence of a day 10 test, they must RM for 14 days.</p> <p>All close contacts who are 7 days after receipt of their booster vaccine OR</p> <p>Who have had confirmed COVID-19 infection within the last 3 months and who have completed their primary vaccination schedule only, should 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. For whom it is not feasible to self-isolate from a case within the household setting 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 restrict their movements 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.</p> <p>All close contacts who have completed their primary vaccination schedule <b>only</b> AND have NOT received a booster vaccine OR had confirmed COVID-19 infection within the last 3 months should RM 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. 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</p>

			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 they must immediately self-isolate for 10 days.
2	A child with symptoms suggestive of COVID-19 and is <b>NOT</b> a close contact	<p>Your child needs to self-isolate and be tested (the type of test may vary depending on age).</p> <p><b>For symptomatic individuals aged 4-12 years (less than 13 years old)</b> if symptoms 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 anyone who has a clinical concern will be advised to contact their GP so that they can be prioritised</li> </ul>	Please see <a href="#">‘National Guidelines for Public Health Management of contacts of cases of COVID-19’</a> and algorithm for further information

		<p>for RT-PCR testing if appropriate.</p> <p><b>For other symptomatic individuals (i.e. those aged 0-3 years and those who are medically vulnerable):</b></p> <p>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, close contacts 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 child with signs of COVID-19 disease waiting for a COVID-19 RT-PCR test or RT-PCR test result. Sometimes the GP may say that results need to be	Your child needs to self-isolate, including from other people in the house if possible, while waiting for the COVID-19 test result	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

	repeated to be sure if the child has COVID-19 or not. This section applies for those in this situation also.		prior COVID-19 infection.
4	A child with signs of COVID-19 disease and a “Negative/Not Detected” COVID-19 PCR test result	Children can return to school or crèche when the family have followed all medical and public health guidance they have received with respect to exclusion of the child from childcare and educational settings and there is no reason to believe that they have an infectious disease.	There is no need for household contacts <sup>2</sup> of the child to restrict their movements after the child has received a “negative/not detected” COVID-19 result (once they remain asymptomatic).
5	A child with signs of illness that may be COVID-19, who is waiting for a doctor to assess their illness and decide if a COVID-19 test is needed.	Your child needs to self-isolate until they have been assessed by a doctor.	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.
6	A child who is a <b>household contact</b> <sup>2</sup> of a confirmed COVID-19 case <b>AND</b> is not fully vaccinated <b>AND</b> has <b>not had</b> confirmed COVID-19 infection in the past 3 months	If you child is not fully vaccinated and has <b>not had</b> confirmed COVID-19 infection in the past 3 months and is a <b>household contact</b> <sup>2</sup> of a confirmed case, they will need to RM for 14 days – <b>this is regardless of whether they have symptoms or not</b> . They 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 your child does not have any symptoms of COVID-19, they can stop restricting their movements. In the absence of a day 10 test, please continue to restrict your movements for 14 days.  If the child develops symptoms, even if fully vaccinated, it is important to self-isolate and contact your GP to arrange a test.	For <b>all close contacts</b> follow advice in row 1
7	A child who is a <b>household contact</b> <sup>2</sup> of a confirmed COVID-19 case <b>AND</b> <b>has had</b> confirmed COVID-19 infection in the past 3 months	All asymptomatic children who are identified as <b>household contacts</b> <sup>2</sup> regardless of vaccination status OR prior COVID-19 infection need to RM and get an RT-PCR test on day 0 and day 10. They can exit RM if a not detected result on day 10. In the absence of a day 10 test, the must RM for 14 days.	For <b>all close contacts</b> follow advice in row 1.

		If the child develops symptoms, even if fully vaccinated, it is important to self-isolate and contact your GP to arrange a test.	
8	A child who is a <b>household contact</b> <sup>2</sup> of a confirmed COVID-19 case <b>AND</b> is fully vaccinated <b>AND</b> has <b>not had</b> confirmed COVID-19 infection in the past 3 months (applicable to those aged 12+ who have received a full dose of vaccination)	All asymptomatic children who are identified as <b>household contacts</b> <sup>2</sup> <b>regardless of vaccination status OR prior COVID-19 infection</b> need to RM and get an RT-PCR test on day 0 and day 10. They can exit RM if a not detected result on day 10. In the absence of a day 10 test, the must RM for 14 days.  If the child develops symptoms, even if fully vaccinated, it is important to self-isolate and contact your GP to arrange a test.	For <b>all close contacts</b> follow advice in row 1
9	A child who is a symptomatic close contact	Please see <a href="#">here</a> for further information.	Please see <a href="#">here</a> for further information..
10	A child with no signs of COVID-19 disease, but they have been told they are a close contact of someone with COVID-19 (this close contact occurred outside of the household setting <sup>4</sup> )	Your child does not need to restrict movements if asymptomatic. If your child develops symptoms, please follow advice in row 2, 3 and 5.	No restrictions required
11	A child with signs of COVID-19 disease, and they have been told they are a close contact of someone with COVID-19 (this close contact occurred outside of the household setting <sup>4</sup> )	Please follow advice in row 2, 3 and 5.	Please follow advice in row 3 and 5.
12	A child with nasal congestion or other minor signs of illness and 'off-form', no fever of 38.0°C or higher, no cough, no difficulty breathing	You should keep your child home from school or childcare for 48 hours. Monitor your child's illness for any signs of getting worse, or for any new signs of illness. If their condition does not deteriorate, and there are no new signs of illness AND your child doesn't need paracetamol or ibuprofen to feel better, your child can return to school or childcare. You should speak to your GP if symptoms worsen or if new symptoms develop.	Household contacts <sup>2</sup> regardless of vaccination status do not need to restrict their movements unless the GP indicates that the child needs a COVID-19 test. If the child is being tested, please follow advice in row 3.
13	A child with nasal congestion, not ill, in good form, good energy and normal appetite, no fever, not requiring paracetamol, ibuprofen or any other medicine for fever	Your child can go to school or creche.	No restrictions
14	A child that has travelled to Ireland	Please see <a href="http://gov.ie">gov.ie</a> for the most up to date advice relating to travel.	Please see <a href="http://gov.ie">gov.ie</a> for the most up to date advice relating to travel.

15	A child with signs of COVID-19 disease who should be tested but is not tested for any reason, or does not want to be tested.	Your child should be treated as if they have COVID-19 disease. In the absence of a 10 day 'not detected' COVID-19 test, they must continue to restrict movements for 14 full days from when the signs of COVID-19 started with no fever for the last 5 days	All household contacts should RM for 14 days.
16	Your child attends <b>Special Educational Needs settings</b> and is a close contact of a confirmed COVID-19 case	Children > 3 months to under 13 years of age who are not fully vaccinated OR have <b>not had</b> confirmed COVID-19 infection in the past 9 months, regardless of symptoms, and who are in <b>Special Educational Needs settings (school or class) (SEN) or respite care</b> will be referred for a Public Health Risk Assessment and children a Public Health Risk Assessment and may be required to have one COVID-19 test (if possible) and restrict movements for 5 days if advised.	All close contacts <sup>2</sup> should follow the advice given based on the public health risk assessment.

1. See <https://www.gov.ie/en/publication/77952-government-advice-on-international-travel/#travelling-with-children> for the most up to date advice relating to travel
2. Household contacts are people living or sleeping in the same house, people in shared living spaces who share a kitchen or bathroom.
3. Quarantine is a legal term which is used by the government to describe the obligation for persons who have returned to Ireland, to stay at home and self-isolate from others in certain travel situations
4. Contact outside of the household setting – this refers to close contact which occurred in settings such as schools, childcare facilities, sporting activities and other social events.