



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:

- A 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

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 are thought to have COVID-19, but are still waiting for a test.

Restricting movement – (stay at home). Restricting movement means avoiding contact with other people as much as possible and not going to school or creche. 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.

If your child has:

- **Recently returned from a designated state¹, OR**
- **Has tested positive for COVID-19 and recently returned from a designated state¹**

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

For information for those returning from designated states who will need to enter Mandatory Hotel Quarantine, see [here](#).

See page 2 -4 for full guide.

HSE Health Protection Surveillance Centre. www.hpsc.ie

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	Situation	Actions for child	Actions for others minding or living with the child
1	Positive COVID-19 test	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 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.	Close contacts must restrict their movements for 14 days after last contact with case ³ . 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 has no symptoms of COVID-19, they can stop restricting their movements.
2	A child with signs of COVID-19 disease waiting for a COVID-19 test or test result. Sometimes the GP may say that results need to be repeated to be sure if the child has COVID-19 or not. This section applies for those in this situation also.	Your child needs to self-isolate, including from other people in the house if possible, while waiting for the COVID-19 test result	Household contacts ² of the child must restrict their movements while waiting for the COVID-19 test result, or until the child has been told that their illness is not from COVID-19.
3	A child with signs of COVID-19 disease and a “Negative/Not Detected” COVID-19 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 close contacts or household contacts ² of the child to restrict their movements any more.
4	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.	Other people do not need to restrict their movements until the child has been assessed by a doctor. If the doctor decides the child needs a COVID-19 test, household contacts ² of the child need to restrict their movements while waiting for the COVID-19 test result (follow advice in Row 2).
5	A child with no signs of COVID-19 disease, but they have been told they are a close contact of someone with COVID-19. ⁴	Your child needs to restrict their movements for 14 days. 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.	No restrictions unless your child is a close contact of a case who recently returned from a high risk ‘Category 2’ country ¹ .
6	A child with no signs of COVID-19 disease, but they have been told that they are a close contact of someone with COVID-19 ⁴ , however the child has had COVID-19 infection themselves in the past 9 months.	<ul style="list-style-type: none"> If your child received a positive result for COVID-19 in the last 9 months and they now have no symptoms, your child does not need to be tested or to restrict movements. 	No restrictions are required, unless your child develops symptoms.

		<ul style="list-style-type: none"> • If it is more than 9 months since your child received a positive result for COVID-19 and you have been told that your child is a close contact of a COVID-19 case, but your child has no symptoms, your child needs to restrict movements and be tested (follow advice in row 5). • If your child starts to develop signs of COVID-19, they will need to self-isolate and be tested for COVID-19, even if it is less than 9 months since your child was diagnosed with COVID-19. (follow advice in row 2) 	
7	<p>A child with a runny nose or other minor signs of illness and 'off-form', no fever of 38.0°C or higher, no cough, no difficulty breathing. AND The child is a close contact of someone who has COVID-19</p>	<p>Your child should be assessed by a doctor, and a COVID-19 test done if necessary. Your child needs to self-isolate until they have been assessed by a doctor. It is important to note that your child will need to restrict their movements for 14 days if they are a close contact of someone with COVID-19. 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.</p>	<p>Household contacts² of the child must restrict their movements while waiting for the child to be assessed by a doctor. If the doctor thinks that the person does not have symptoms of COVID 19, household contacts no longer need to restrict movements.</p>
8	<p>A child with a runny nose or other minor signs of illness and 'off-form', no fever of 38.0°C or higher, no cough, no difficulty breathing AND is in contact with someone in the same house who is ill with signs of COVID-19 disease</p>	<p>Your child and the ill person in the house who is in contact with your child should be assessed by a doctor. A COVID-19 test may be done if needed, as the risk of COVID-19 within a household increases with each additional ill household contact. Your child needs to self-isolate until they have been assessed by a doctor.</p>	<p>Household contacts² of the child must restrict their movements while waiting for the child to be assessed by a doctor. Further restrictions may be needed once the child has been assessed. You can refer to the other rows in this guide for advice relevant to your situation.</p>
9	<p>A child with a runny nose or other minor signs of illness and 'off-form', no fever of 38.0°C or higher, no cough, no difficulty breathing AND NO contact with an ill person or recent travel to another country</p>	<p>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 illness is not worsening, and there are no new signs of illness AND your child doesn't need paracetamol or</p>	<p>No restrictions</p>

		ibuprofen to feel better, your child can return to school or childcare.	
10	A child with a runny nose, 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
11	A child that has recently travelled into Ireland from a non-designated state ¹	<p>If travelling with accompanying vaccinated adults, who have valid proof of vaccination, no travel-related testing or quarantine⁵ will be necessary.</p> <p>If travelling with accompanying recovered adults who have valid proof of recovery from COVID in the past 180 days, no travel-related testing or quarantine will be necessary.</p> <p>If the accompanying adults do not have valid proof of vaccination or recovery, the child will need to:</p> <ul style="list-style-type: none"> • self-quarantine for 14 days • if the child receives a negative result from a RT-PCR test taken from day 5 onwards after arrival into Ireland, they will be able to leave quarantine 	No restrictions unless the person who has returned from travel starts to show signs of illness.
12	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. They must self-isolate for 10 full days from when the signs of COVID-19 started with no fever for the last 5 days	Close contacts must restrict their movements for 14 days after last contact with case ³ .

1. See <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 high risk '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.
3. When caring for young children with COVID-19 it might not be possible for the child to be isolated from the other people in the house. In this case, other people living in the house must restrict their movements for 17 days from when the signs of COVID-19 disease started in the child (or the day of the test if the child does not have signs of COVID-19 disease). This is regardless of whether further cases are identified in the household.
4. 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](#)'
5. Quarantine is a legal term which is used by the government to describe the obligation for persons who have returned to Ireland, to either (a) stay at home and self-isolate from others if they have returned from a non-designated state, or (b) to isolate in a mandatory quarantine hotel if they have returned from a designated state.