



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.

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.

	Situation	Actions for child	Actions for others minding or living with the child
1	Positive 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>Children > 3 months to under 13 years of age who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months, regardless of symptoms, and who are identified as household² contacts, will be required to restrict movement and get tested for COVID-19.</p> <p>Household contacts² who are fully vaccinated OR have had confirmed COVID-19 infection in the past 9 months, do not need to restrict movements⁶ as long as they remain asymptomatic.</p> <p>Household contacts² who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months, must restrict their movements for 14 days after last contact with case. 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.</p>
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	<p>Children > 3 months to under 13 years of age who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months, and are household contacts² must restrict movements while waiting for the COVID-19 test result, or until the child has been told that their illness is not from COVID-19.</p> <p>Household contacts who are fully vaccinated OR have had confirmed COVID-19 infection in the past 9 months, do not need to restrict movements⁶ as long</p>

			<p>as they remain asymptomatic.</p> <p>Household contacts² of the child who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months, 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.</p>
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 household contacts ² of the child who are not fully vaccinated to restrict their movements after the child has received a “negative/not detected” COVID-19 result (once they remain asymptomatic).
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 who are not fully vaccinated need OR have not had confirmed COVID-19 infection in the past 9 months, to restrict their movements while waiting for the COVID-19 test result (follow advice in Row 2).
5	A child who is not fully vaccinated or has not had confirmed COVID-19 infection in the past 9 months AND is a household contact ² of a confirmed COVID-19 case	If you child is not fully vaccinated OR has not had confirmed COVID-19 infection in the past 9 months and is a household contact ² of a confirmed case, they will need to restrict movements for 14 days – this is regardless of whether they have symptoms or not. 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.	<p>Other children > 3 months to under 13 years of age who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months within the household, regardless of symptoms, will be required to restrict movement and get tested for COVID-19</p> <p>Household contacts who are fully vaccinated OR have had confirmed COVID-19 infection in the past 9 months do not need to restrict movements⁶ as long</p>

			<p>as they remain asymptomatic.</p> <p>Household contacts² who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months must restrict their movements for 14 days after last contact with case. 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.</p>
6	<p>A child who is a household contact² of a confirmed COVID-19 case but is fully vaccinated or has had confirmed COVID-19 infection in the past 9 months (applicable to those aged 12+ who have received a full dose of vaccination)</p>	<p>As long as the child remains asymptomatic, restricted movement is not required. If the child develops symptoms, even if fully vaccinated, it is important to self-isolate and contact your GP to arrange a test.</p>	<p>Household contacts who are fully vaccinated OR have had confirmed COVID-19 infection in the past 9 months do not need to restrict movements unless they become symptomatic. If a household contact becomes symptomatic, they should self-isolate and book a test</p> <p>Other children > 3 months to under 13 years of age who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months within the household, regardless of symptoms, will be required to restrict movement and get tested for COVID-19</p> <p>Other household contacts of the case who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months will need to restrict movements. 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 they do not have any symptoms of COVID-19, they can stop restricting their movements.</p>

			In the absence of a day 10 test, please continue to restrict your movements for 14 days.
7	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 ⁵)	Your child does not need to restrict movements if asymptomatic. If your child develops symptoms, please follow advice in row 2.	No restrictions required
8	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 ⁵)	Please follow advice in row 2.	Please follow advice in row 2.
9	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 ² 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 2.
10	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
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 quarantine⁴ 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. 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	Household contacts ² who are not fully vaccinated OR have not had confirmed COVID-19 infection in the past 9 months must restrict their movements for 14 days after last contact with case 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. In the absence of a day 10 test, please continue to restrict your movements for 14 days.
13	Your child attends Special Educational Needs settings 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 not had confirmed COVID-19 infection in the past 9 months, regardless of symptoms, and who are in Special Educational Needs settings (school or class) (SEN) or respite care 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.	Household contacts ² who are not fully vaccinated should follow the advice given based on the public health risk assessment.

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 designated states
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. 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.
5. 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. Please note children >3 months up to 13 years old who are asymptomatic do not need to restrict movement or be tested when they are deemed a close contact in this circumstance. This does not apply to special education settings. Please see row 15 for advice relating to this setting.
6. If you are a fully vaccinated, asymptomatic close contact you do not need to restrict movements. However, there may be certain situations where contact tracing will advise that you should restrict movements and be tested. This occurs when you are in a close contact of specific variants of COVID-19. It is important to always follow public health advice.