

# COVID-19 - Symptoms, Cases and Contacts



I have symptoms of COVID-19*	Aged			Testing
	4–39 years			Take an antigen test > Positive test: register result with HSE and self-isolate for 7 days > Negative test: self-isolate until 48 hours after symptoms resolve
	All other age groups & healthcare workers			Get a PCR test

  

I have a confirmed COVID-19 infection (PCR or antigen)	Aged	Mask	Isolation	Testing
	13 years & older	Medical grade or FFP2 x 10 days	7 days	
	0–12 years	Well-fitted mask (9–12yrs ) x 10 days	7 days	

  

I am a close contact	Aged	Status	Mask	Restricted Movements	Testing
	13 years & older	Boosted	Medical grade or FFP2 x 10 days	0 days	Regular antigen tests over 7 days, with the last test on day 7 Aged 0–3: No testing unless symptomatic (PCR)
	13 years & older	Not boosted	Medical grade or FFP2 x 10 days	7 days	
	0–12 years	Household contact	Well-fitted mask (9–12yrs ) x 10 days	7 days	
	0–12 years	Non household contact	Well-fitted mask (9–12yrs ) x 10 days	0 days	No testing unless symptomatic. Children with no symptoms who are school/ childcare pod contacts of cases will be offered antigen testing

**All positive cases & close contacts should, for 10 days (including 7 days self-isolation/restricted movements):**

- > Limit close contact with people outside their household, especially in crowded, enclosed or poorly ventilated spaces
- > Wear a face mask in crowded, enclosed or poorly ventilated spaces & where they are in close contact with other people
- > Close contacts should take an antigen test before entering crowded, enclosed or poorly ventilated spaces & prior to having close contact with people outside their household
- > Avoid contact with anyone who is at higher risk of severe illness if infected with COVID-19
- > Follow all public health protective measures.

**I had a recent COVID-19 infection (since 1 December 2021)**

Close contacts who have recovered from COVID-19 (positive PCR or antigen) since 1 December 2021 are exempt from restriction of movements & testing unless they become symptomatic. If they become symptomatic they should immediately self-isolate, get tested and wear a mask as directed above.

\*Symptomatic individuals who have had a positive antigen or awaiting a PCR result/HSE antigen tests and their close contacts should assume the symptomatic individual has COVID-19 and act appropriately. Regardless of negative test results, all should continue to self isolate until 48 hours after symptoms have substantially or fully resolved.