



## 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.

	Situation	Actions
1	Positive COVID-19 test (PCR or antigen test)	<ul style="list-style-type: none"> <li>• <b>All confirmed cases should self-isolate for 7 full days</b> from date of onset of symptoms or if asymptomatic, from the date of a positive test result (either antigen test or PCR test). <b>On receipt of a positive test result, no further testing is required.</b></li> <li>• Any individual with a positive antigen test should regard it as confirmed COVID-19 and register it with the HSE. <b>A confirmatory PCR test is not required.</b></li> <li>• Children aged 9-12 years old should wear a well fitted mask as much as is reasonably practical during the 10-day period. A medical grade mask (surgical mask) is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn.</li> <li>• Can exit self-isolation after 7 full days, once symptoms have substantially or fully resolved for the final 2 days (48 hours) of the self-isolation period.</li> <li>• On exiting self-isolation after 7 full days, cases should be advised to follow the below advice, especially during day 8, day 9 and day 10: <ul style="list-style-type: none"> <li>○ limit close contact with other people outside their household, especially in crowded, enclosed or poorly ventilated spaces</li> <li>○ follow all public health protective measures.</li> </ul> </li> </ul>
2	A child with symptoms suggestive of COVID-19 who is <b>NOT</b> a close contact of someone with COVID-19.	<p>Your child needs to self-isolate and be tested (the type of test will vary depending on age).</p> <p><b>If a child aged less than 3 months is symptomatic, contact your GP for advice.</b></p> <p><b>For symptomatic children aged 0-3 years and those who are medically vulnerable:</b></p> <ul style="list-style-type: none"> <li>• <b>Self-isolate and book an PCR test</b> regardless of whether your child has had prior COVID-19 infection within the last 3 months. If the test is 'not detected' they can exit self-isolation once they are 48hrs symptom free.</li> <li>• Symptomatic children 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 PCR testing if appropriate.</li> </ul> <p><b>For symptomatic children aged 4-12 years (less than 13 years old)</b></p> <ul style="list-style-type: none"> <li>• Immediately self-isolate and undertake regular antigen tests. 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>• Any individual with a positive antigen test should regard it as confirmed COVID-19 and register it with the HSE. <b>A confirmatory PCR test is not required.</b></li> <li>• Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical. Although a medical grade mask (surgical mask) is preferable, a well-fitting cloth mask can be worn.</li> <li>• It is important that the symptomatic child continues to self-isolate where possible 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 for PCR testing if appropriate.</li> </ul>

3	A child with signs of COVID-19 disease waiting for a COVID-19 test result.	Your child needs to self-isolate, including from other people in the house if possible, while waiting for the COVID-19 test result
4	A child with symptoms of COVID-19 disease who is <b>NOT</b> a <b>household contact</b> <sup>1</sup> and a 'Negative/Not Detected' COVID-19 test result	Children can exit self-isolation following a 'not detected' COVID-19 result when they have followed all medical and public health advice and symptoms have fully or substantially resolved for 48 hours.
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.

6	A child who is an asymptomatic <b>household contact</b> <sup>1</sup> who has had confirmed COVID-19 infection since December 1, 2021.	<b>Asymptomatic household contacts (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical for 10 days. A medical grade (surgical) mask is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn. If they become symptomatic they should immediately self-isolate and get tested.</b>
7	An asymptomatic child who is a <b>household contact</b> <sup>1</sup> of a confirmed COVID-19 case	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical for 10 days. A medical grade (surgical) mask is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li>• Asymptomatic <b>household contacts</b><sup>1</sup> aged 0-12 years old should restrict their movements for 7 full days. Restricted movements should begin from date of last contact with positive case (if known) or if not, from date of notification as a contact.</li> <li>• Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical for 10 days. A medical grade (surgical) mask is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn.</li> <li>• Asymptomatic household contacts who are aged 0-3 years are not required to undertake testing unless they develop symptoms. If symptoms develop within this age group, an RT-PCR test is required.</li> <li>• Asymptomatic household close contacts aged 4-12 years old should perform three antigen tests. The first antigen test as soon as possible, the second antigen test three days later and the final antigen test on the seventh day of restricted movements.</li> <li>• The antigen tests used should be those recommended on the HSE website or received directly from the HSE.</li> </ul>

8	Asymptomatic <b>household contacts</b> <sup>1</sup> of a case for whom it is not feasible to self-isolate	<p><b>Asymptomatic close contacts of any age (regardless of vaccination status) who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021 are exempt from restricted movements and testing unless they become symptomatic. Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical for 10 days. A medical grade (surgical) mask is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn. If they become symptomatic they should immediately self-isolate and get tested.</b></p> <ul style="list-style-type: none"> <li>• <b>Restrict their movements for 14 full days</b></li> <li>• <b>Perform antigen tests over the first 7 days.</b> Three of these antigen tests should be performed. The first test should be performed as soon as possible, the second three days later and the final test on the seventh day of restricted movements and repeat over the second 7 days.</li> <li>• Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical during the 14-day period. A medical grade (surgical) mask is preferable, if it fits the child well; otherwise a well-fitting cloth mask can be worn.</li> <li>• Asymptomatic household contacts who are aged 0-3 years are not required to undertake testing unless they develop symptoms. If symptoms develop within this age group, a PCR test is required</li> </ul>
9	A child who has symptoms of COVID-19 <b>AND</b> is a household contact	<p>Your child needs to self-isolate and be tested (the type of test may vary depending on age).</p> <p><b>If a child aged less than 3 months is symptomatic, contact your GP for advice.</b></p> <p><b>For symptomatic children aged 0-3 years and those who are medically vulnerable:</b></p> <ul style="list-style-type: none"> <li>• <b>Self-isolate and book a PCR test</b> regardless of whether have had prior COVID-19 infection within 3 months. If the test is 'not detected' they should continue to self-isolate until 48 hours after their symptoms have substantially or fully resolved but as household contacts should continue the advice for asymptomatic household contacts (see Row 7).</li> <li>• Symptomatic children 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 PCR testing if appropriate.</li> </ul> <p><b>For symptomatic children aged 4-12 years (less than 13 years old)</b></p> <ul style="list-style-type: none"> <li>• Immediately self-isolate and undertake regular antigen tests. 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>• Any individual with a positive antigen test should regard it as confirmed COVID-19 and register it with the HSE. <b>A confirmatory PCR test is not required.</b></li> <li>• Children aged 9-12 years old should wear a well fitted mask as frequently as is reasonably practical. Although a medical grade mask (surgical mask) is preferable, a well-fitting cloth mask can be worn.</li> <li>• It is important that the symptomatic child continues to self-isolate where possible until all three antigen tests have been performed. Those with repeated 'not detected' antigen tests should continue to self-isolate until 48 hours after their</li> </ul>

		<p>symptoms have substantially or fully resolved but as household close contacts should continue to follow the advice for asymptomatic household close contacts (see Row 8).</p> <ul style="list-style-type: none"> <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 PCR testing if appropriate</li> </ul>
10	A child with no symptoms of COVID-19 disease who has been identified as a <b>non-household contact</b> <sup>2</sup> of someone with COVID-19.	Your child does not need to restrict movements if asymptomatic. If your child develops symptoms, please follow advice in row 2. Please see <a href="#">here</a> for further information regarding education guidance.
11	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.
12	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. If their symptoms worsen, please follow advice in row 11.
13	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 <sup>3</sup> .
14	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. Please follow the advice in Row 1. Close contacts of the individual should be managed as close contacts of a confirmed case (please see <a href="#">here</a> for further details).
15	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 have not completed their primary vaccination schedule OR have <b>not had</b> confirmed COVID-19 infection in the past 3 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.

		Please see <a href="#">here</a> for further information regarding education guidance.
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1. Household contacts are people living or sleeping in the same house, people in shared living spaces who share a kitchen or bathroom.
2. 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.
3. 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