

COVID-19

DEFINITION OF SYMPTOMS

CLOSE CONTACT

This is only a guide but close contact can mean:

- spending more than 15 minutes of face-to-face contact within 2 metres of someone who has coronavirus, indoor or outdoor
- living in the same house or shared accommodation as someone who has coronavirus
- sitting within 2 seats of someone who has coronavirus on public transport or an airplane

Spending more than 2 hours in an indoor space with someone who has coronavirus will sometimes count as close or casual contact. This could be an office or a classroom. But it will depend on the size of the room and other factors. Public health teams who risk assess or contact tracers will let you know if you are at risk during contact tracing.

CASUAL CONTACT

This is only a guide but casual contact can mean:

- spending less than 15 minutes of face-to-face contact within 2 metres of an infected person, indoor or outdoor
- being in the same room as an infected person for less than 2 hours
- being on public transport or an airplane with an infected person but not sitting near them

Spending more than 2 hours in an indoor space with a person who has coronavirus will sometimes count as casual contact. This could be an office or a classroom. But it will depend on the size of the room and other factors. Public health teams who risk assess or contact tracers will let you know if you are at risk during contact tracing.

RESTRICTING MOVEMENT

You will need to restrict your movements for 14 days if you:

- are a close contact of a confirmed case of coronavirus
- live with someone who has symptoms of coronavirus, but you feel well
- arrive into Ireland from a country that is not on the COVID-19 green list - this list is updated every 14 days by the Government

If you are a close contact of a confirmed case you have to restrict your movements for 14 days even if your test comes back negative. This is because it can take up to 14 days for the virus to show up in your system after you have been exposed to it.

How to restrict your movements:

Restricting your movements means avoiding contact with other people and social situations as much as possible.

- Don't Do not go to work.
- Do not use public transport.
- Do not have visitors at your home
- Do not visit others, even if you usually care for them.
- Do not go to the shops or pharmacy unless it's absolutely necessary - where possible, order your groceries online or have some family or friends drop them off.
- Do not meet face-to-face with older people, anyone with a long-term medical condition or pregnant women

SELF ISOLATIONS

Self-isolation means staying indoors and completely avoiding contact with other people. This includes other people in your household, as much as possible.

You will need to self-isolate:

- if you have symptoms of coronavirus
- while you wait for a test appointment and your test results, if you have symptoms of coronavirus. If you are being tested as a close contact of a confirmed case of coronavirus and you don't have any symptoms, you should restrict your movements instead
- if you have had a positive test result for coronavirus

Most people with coronavirus will only have mild symptoms and will get well within weeks. Even if you have mild symptoms or no symptoms, you can still spread the virus to others. If your symptoms get worse, get medical help.

How to self-isolate:

Stay indoors and avoid contact with other people. Behave as if you have the virus if you have symptoms. If you have been diagnosed with coronavirus or have symptoms, the people you live with will need to restrict their movements.

- Stay at home, in a room with a window you can open.
 - Keep away from others in your home as much as you can. Use a separate toilet if possible.
 - Check your symptoms - call a doctor if they get worse. Phone your doctor if you need to - do not visit them
 - Cover your coughs and sneezes using a tissue - clean your hands properly afterwards.
 - Wash your hands properly and often.
 - Use your own towel - do not share a towel with others.
 - Clean your room every day with a household cleaner or disinfectant.
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- Do not go outside unless you have your own outdoor space where you can get some fresh air.
 - Do not go to work, school, religious services or public areas.
 - Do not share your things. For example, food, dishes, drinking glasses or other household items.
 - Do not use public transport or taxis.
 - Do not invite visitors to your home.

Keep away from older people, anyone with long-term medical conditions and pregnant women. It's OK for friends, family or delivery drivers to drop off food or supplies. Make sure you're not in the same room as them when they do.

WHAT ARE THE SYMPTOMS OF COVID-19?

If you have any common symptoms of coronavirus (COVID-19), you should self-isolate and phone your GP straight away to get a coronavirus test.

Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

It can take up to 14 days for symptoms to show. They can be similar to symptoms of cold and flu.

Getting an early diagnosis from your GP means you can get the help you need and take steps to avoid spreading the virus, if you have it.