

Self-isolation

stay in your room



You should self-isolate if you:

- have symptoms of COVID-19
- are waiting for a COVID-19 test appointment or test results
- test positive for COVID-19

How to self-isolate

- Stay in a room, on your own if possible, with a window you can open, at home or in accommodation.
- Completely avoid contact with other people.
- Do not go to work or school. If you feel well enough to work remotely or home school, do that from your own room.
- Do not go outside unless you have your own outdoor space such as a garden or balcony.
- It is OK for friends, family or delivery drivers to drop off food or supplies.
- The people you live with should restrict their movements and get a test for COVID-19.

If your test is positive for COVID-19, only stop self-isolating when:

- you have had no fever for 5 days
- and it has been 10 days since you first developed symptoms

If you are a close contact and have no symptoms but your test is positive, stop self-isolating 10 days from the date of your test.

If your test is negative, stop self-isolating when:

- you have had no symptoms for 48 hours

There is different advice for people in long-term residential care or treated in hospital.

For more information, visit [hse.ie/coronavirus](https://www.hse.ie/coronavirus)

Restricted movements stay at home



You should restrict your movements if you:

- are a close contact of someone who has tested positive for COVID-19
- live with someone who has COVID-19 symptoms, even if you feel well

You may have to restrict your movements when you arrive in Ireland from another country. Get the latest travel advice on [gov.ie](https://www.gov.ie)

How to restrict your movements

- Stay at home or indoors if you are staying in accommodation.
- Avoid contact with other people, as much as possible.
- Do not go to work or school, unless you work on your own and can completely avoid other people.
- If you do not have symptoms and you are an essential worker, talk to your employer.
- You can go outside to exercise by yourself as long as you keep 2 metres from other people.
- Stay at home and do not go to the shop or pharmacy unless it is absolutely necessary. Order groceries online or have family or friends drop them off.
- Do not have visitors at your home and do not visit others.
- The people you live with do not need to restrict their movements if you do not have symptoms of COVID-19. If you develop symptoms, you should self-isolate and they will need to restrict their movements.

If you are a close contact of someone with COVID-19

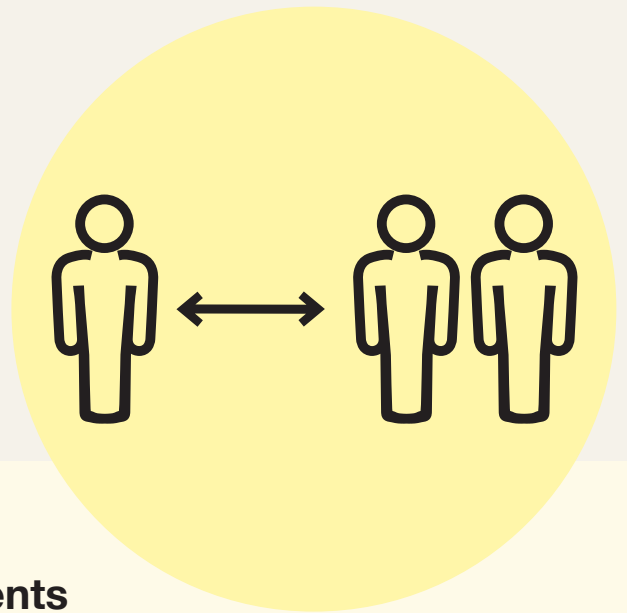
Restrict your movements for 14 days, even if your test comes back negative or **COVID-19 not found**

If you are living with someone who is not able to isolate themselves, such as a child or someone with a disability

Everyone in your household should restrict their movements for 17 days.

For more information, visit [hse.ie/coronavirus](https://www.hse.ie/coronavirus)

Self-isolation and restricted movements



Self-isolation and restricted movements are ways of stopping the spread of COVID-19.

Let's look at the differences between them.



Self-isolation **stay in your room**

When you:

- have symptoms of COVID-19
- are waiting for a test appointment or test results
- test positive for COVID-19

Restrict your movements **stay at home**

When you:

- are a close contact of someone who has tested positive
- live with someone who has COVID-19 symptoms, but you feel well
- arrive in Ireland from another country - based on the latest travel advice on gov.ie



Where should you self-isolate?

In a room, on your own if possible, with a window you can open, at home or indoors if you are staying in accommodation.

Where should you restrict your movements?

At home or indoors.



If you are self-isolating:

Do not go to work or school. If you feel well enough to work remotely or home school, do that from your own room.

If you are restricting your movements:

Do not go to work or school, unless you work on your own and can completely avoid other people.

If you do not have symptoms and you are an essential worker, speak to your employer.



If you are self-isolating:

Do not go outside unless you have your own outdoor space, such as a garden or balcony, away from other people.

If you are restricting your movements:

You can go outside to exercise by yourself as long as you keep 2 metres from other people.



If you are self-isolating:

Stay in your room as much as possible and do not go outside for anything. Order groceries online or have family or friends drop them off.

If you are restricting your movements:

Stay at home and do not go to the shop or pharmacy unless it is absolutely necessary. Order groceries online or have family or friends drop them off.

If you are self-isolating or restricting your movements:

Do not have visitors at your home and do not visit others.



If you are self-isolating:

The people you live with need to restrict their movements and get a test for COVID-19.

If you are restricting your movements:

The people you live with do not need to do anything unless you develop symptoms of COVID-19. Then you will need to self-isolate and they will need to restrict their movements.

If you are self-isolating and get a positive test result:

Only stop self-isolating when you have had no fever for 5 days and it has been 10 days since you first developed symptoms.

If you are a close contact of someone with COVID-19

Restrict your movements for 14 days, even if your test is negative.

If you were tested because you had symptoms and your test is negative

Only stop self-isolating when you have had no symptoms for 48 hours.

There is different advice for people in long-term residential care or treated in hospital.

If you are caring for someone who is not able to isolate themselves, such as a child or someone with a disability:

Everyone in your household should restrict their movements for 17 days.

If you are unsure whether you should self-isolate or restrict your movements, the bot on our website can help.

For more information, visit hse.ie/coronavirus



Rialtas na hÉireann
Government of Ireland

NCBI
Working for People
with Sight Loss