

Information for close contacts of a confirmed case of COVID-19

This information sheet provides advice to people who have had close contact with a person who has been confirmed as having COVID-19.

A close contact is:

Anyone who has had greater than 15 minutes face-to-face (less than 2 meters distance) contact with a confirmed case in any setting. This includes:

- Household contacts defined as living or sleeping in the same home, individuals in shared accommodation sharing kitchen or bathroom facilities and sexual partners;
- Closed space contact (for those contacts who have shared a closed space with a confirmed case for longer than two hours, a risk assessment should be undertaken taking into consideration the size of the room, ventilation and the distance from the case);
- Healthcare workers;
- Passengers on an aircraft sitting within two seats (in any direction) of the COVID-19 case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated

What do I need to do if I am a close contact?

You will be contacted if you have been told you have been in close contact with someone with COVID-19. You will be asked whether you have any of the following symptoms:

- Fever
- Cough
- Shortness of breath
- Difficulty breathing

If you have any of the symptoms above during this time:

You will need to self isolate (for example stay in a different room from the rest of your family/co-workers with the door closed) and phone your GP surgery.

Your GP surgery will take your details and have your GP call you back. Your GP will discuss your symptoms with you and advise you of the next steps you need to take, including arranging testing for COVID-19.

In the unlikely event that you are unable to contact your GP, please phone HSE Live 1850-24-1850 and clearly explain your symptoms. You should always engage in regular hand washing and cover your mouth and nose with a tissue or the bend of your elbow when coughing and sneezing to prevent the spread of infection.

You can get more information on www.hse.ie