

What happens if I am a close contact?



What jurisdiction do you live in?

Northern Ireland

Republic of Ireland

Are you vaccinated?

Are you vaccinated?

No

Yes

Yes

No

Under 18 years old

18+ years old

You do not need to restrict your movements if you are fully vaccinated, as long as you do not have symptoms of COVID-19. You should get a PCR test on day two and day eight of the 10-day period following last contact with the positive person.

Household contact - You need to restrict movements (stay at home) until you have 3 negative antigen test. Non-household contact - You do not need to restrict your movements or get a test if you are fully vaccinated, as long as you do not have symptoms of COVID-19.

Over 13 years old

13 years & under

You need to get tested for COVID-19 and restrict your movements (stay at home) for 14 days

Children aged between 3 months and 13 years who are household contacts of a confirmed case of COVID 19 will still have to restrict their movements and get a COVID 19 test. Children who do not have symptoms of COVID-19 and may have been in close contact with a confirmed case of COVID-19 in schools, childcare facilities, sports, and social settings, will not have to restrict their movements or get a COVID 19 test.

You should self-isolate and book a PCR test. If the PCR test is negative, you can end your self-isolation and should take another PCR test eight days after last known contact. If you develop symptoms at any time you should immediately self-isolate and book a PCR test, even if the earlier PCR tests were negative.

You should self-isolate for 10 days following last contact with the positive person.

Contact your club to inform the Lead COVID-19 Officer and do not attend training until self-isolation period has ended

You can stop restricting your movements when both apply:

- You have a negative test (COVID-19 not detected) 10 days after you were last in contact with the person who tested positive.
- You do not have any symptoms of COVID-19.

For more information:
 Republic of Ireland - [HSE website close contact information](#)
 Northern Ireland - [NI direct website close contact information](#)