

COVID testing, contact tracing & isolating/restricting movements (11/01/2021)

As close contacts of cases are not being referred for testing at the moment, the advice is now to assume you have COVID if you have any flu like symptoms or to restrict your movements if you are a close contact with no symptoms. This means:

- If you have symptoms of COVID-19 **or** have tested positive.
 - [Self-isolate](#) for 10 days from the onset of symptoms.
 - The last 5 days of isolation should be fever free.
- If you have recently arrived from **Great Britain (England, Scotland, Wales) or South Africa** you should self-isolate for 14 days from the date you arrived into Ireland. If you have had a private COVID-19 test, you must complete 14 days of self-isolation, regardless of the result.
- If you are a [close contact](#) of a confirmed case of COVID-19, **live with someone who has symptoms of COVID-19** or you arrived in Ireland from another country (unless from a green region or Northern Ireland).
 - You must [restrict your movements](#) for 14 days from the last date you were in contact with that person even if you feel well.
 - If you do have a test, you should continue to restrict your movements up to 14 days even if your test comes back negative.
 - If you are a close contact of someone who tested positive after they arrived in Ireland from Great Britain (England, Scotland, Wales) or South Africa, phone your GP. They will prioritise you for a COVID-19 test.
- If you have symptoms and get a negative COVID test result.
 - Restrict your movements (stay at home) until you have not had any symptoms for 72 hours. This is because you may have another infectious illness such as flu which, because of the similarities to COVID symptoms, may cause disruption here..

Clearly in both self-isolation and restricted movement situations you should not come to campus but **contact your line manager as soon as possible.**

Restricting your movements means:

- Do not come to College for any reason.
- Do not use public transport.
- Do not have visitors at your home.
- Do not visit others

You do not need to restrict your movements if:

- You have been in contact with someone who is a close contact and has no symptoms.
- You live with someone who is restricting their movements once they have no symptoms.

If you are returning from annual leave, self-isolation or restricting your movements then you will need to complete the [Pre-Return to work Form](#) before coming back on Campus. This must be completed for **each** period of isolation/restriction or periods of annual leave exceeding 5 days.

Useful Links:

[Arriving from Britain or South Africa](#)

[Self-isolating](#)

[Restricting Movements](#)

[Returning to Work Safely](#)