

COVID-19 positive cases and close contacts advice



Coronavirus
COVID-19
Public Health
Advice

COVID-19 Positive PCR or antigen test

- > Self isolate for 7 days
- > Wear mask for 10 days
 - > 13 years and older - wear FFP2 or medical grade mask
 - > 9–12 years - wear well fitted mask

Close contact of a positive case

13 years and older AND boosted

- > Wear FFP2 or medical grade mask for 10 days
- > Regular antigen tests over 7 days

13 years and older NOT boosted

- > Restrict movement for 7 days
- > Wear FFP2 or medical grade mask for 10 days
- > Regular antigen tests over 7 days

0–12 years household contact

- > Restrict movement for 7 days
- > 9–12 years to wear well fitted mask for 10 days
- > Regular antigen tests over 7 days
- > Aged 0–3: No testing unless symptomatic (PCR)

0–12 years NON household contact

- > 9–12 years to wear well fitted mask for 10 days
- > Test if symptoms occur
- > Asymptomatic children who are in the same school/childcare pod as a case will be offered antigen testing as before

For a period of 10 days (including the 7 days self-isolation or restricted movements) all cases and close contacts are advised to:

- > Limit close contact with people outside their household, especially in crowded, enclosed or poorly ventilated spaces
- > Wear a face mask in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people
- > Avoid contact with anyone at higher risk of severe illness from COVID-19
- > Work from home unless essential to attend in person
- > Close contacts are advised to take an antigen test before entering crowded, enclosed or poorly ventilated spaces and prior to having close contact with other people from outside their household
- > Follow all public health protective measures

Anyone who has recovered from COVID-19 since 1 December 2021 is exempt from restriction of movements and testing unless they become symptomatic. If they develop symptoms they should self-isolate, get a test and wear a medical grade or FFP2 face mask.