



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**CONFIDENTIAL**

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**TO:** Staff working at **Colaiste De Lacy**

**FROM:** Health Protection Team, Department of Public Health, HSE North-East

**RE:** *Close contact of confirmed case of COVID19*

**DATE:** **04/05/21**

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A confirmed case of COVID19 in **Colaiste De Lacy** has been notified to the Health Protection Team, Department of Public Health, HSE North-East.

**A public health risk assessment has been undertaken and you have been identified as a close contact.**

In line with national Public Health contact tracing guidance, you will be referred for testing by the HSE, and you are advised to **restrict movements** for a minimum of 10 days from the last date of exposure to the confirmed case, **(from 29<sup>th</sup> April 2021 to 9<sup>th</sup> May 2021 inclusive)**. Exit from the period of restricted movement will be determined by the 'Day 10' test results as explained below.

Current Public Health policy advises that close contacts will be tested twice for Covid-19: firstly, as soon as possible after being identified as a close contact (Day 0 test) and secondly, on the tenth day after the last day of exposure to the confirmed case (Day 10 test).

In the event that you receive a 'not detected' (negative) result from the Day 10 test, **and** remain free from Covid-19 symptoms, you then can finish your period of restricted movement. In the event that the Day 10 test result is positive, your period of restricted movement will be further extended in accordance with public health advice at that time. If testing is not undertaken, the 14 day period of restricted movements continue to apply and, you must restrict movements from the last day of exposure to the confirmed case. **(from 29<sup>th</sup> April 2021 to 13<sup>th</sup> May 2021 inclusive)**.

There remains one **exception** to close contacts exiting the period of restricted movement following a negative test result on day 10. In a family context, where it is not realistic to expect a young child to isolate from a confirmed case or other close contacts in their family household, there remains a risk of ongoing exposure. In such contexts, a period of 17 days of restricted movement is required for all family members identified as close contacts.

It is also important to highlight that the revised period of restricted movement for close contacts who receive a negative result from Day 10 test, doesn't change the existing recommendations in relation to periods of isolating for those with Covid-19.

**Restricted movement means that you stay home and:**

- Do not go to work;
- Do not use public transport;
- Do not have visitors in your home;
- Do not go to the shops or pharmacy, unless absolutely necessary; and
- Keep away from older people, anyone with an underlying medical condition and pregnant women.

**If you develop symptoms, you should immediately self-isolate and you should phone your GP for further advice.**

Further information on COVID-19 is available at: [www.hpsc.ie](http://www.hpsc.ie) and [www.gov.ie](http://www.gov.ie).