HSE advice if you are a close contact of COVID-19

If you are a close contact of a person that tests positive for COVID-19 (coronavirus), there's a chance that you may have COVID-19 too. Follow the advice on this page to lower the risk of spreading the virus.

The HSE will text you to let you know that you are a close contact. The HSE can only do this when someone who tests positive gives us a persons details.

[Find out what to do if you think you are a close contact but did not got a text from the HSE](#)

If you are a close contact who does not have symptoms

- **I got my booster more than 7 days ago**

Here's what you need to do if you are a close contact who got their booster dose more than 7 days ago. It takes 7 days for your COVID-19 booster dose to work.

Information:
If you had a positive COVID-19 antigen or PCR test since 1 December 2021, and have recovered, you do not have to restrict your movements. You do not need to get tested unless you develop symptoms.

Testing

You need to do 3 antigen tests over 7 days.

Do the:

- first test as soon as you can get an antigen test
- second test 3 days after your first test
- third test on the 7th day

If any of your antigen tests are positive, you need to report your positive antigen test result online and list your close contacts. You do not need to do another antigen test. Do not book a PCR test.

You should also report negative antigen results online. This helps us learn more about antigen testing.

A negative antigen test does not mean that you do not have COVID-19.

Restricted movements

You do not need to restrict your movements.

Protect others

For 10 days after you are told you are a close contact you should:

- limit close contact with other people outside your household - especially in crowded, enclosed or poorly ventilated spaces
- avoid contact with anyone who is at higher risk of severe illness

- work from home unless it is essential to attend in person
- follow all [public health measures to protect others](#)

Take an antigen test before:

- entering crowded, enclosed or poorly ventilated spaces
- having close contact with other people from outside their household

Face mask

Wear a medical or respirator face mask if you have to be around other people.

Do this for 10 days starting from when you:

- last had contact with the person who tested positive, or
- were told you were a close contact by the HSE

If you have any symptoms of COVID-19. This advice is the same for everyone who has symptoms, not just close contacts. Get tested immediately