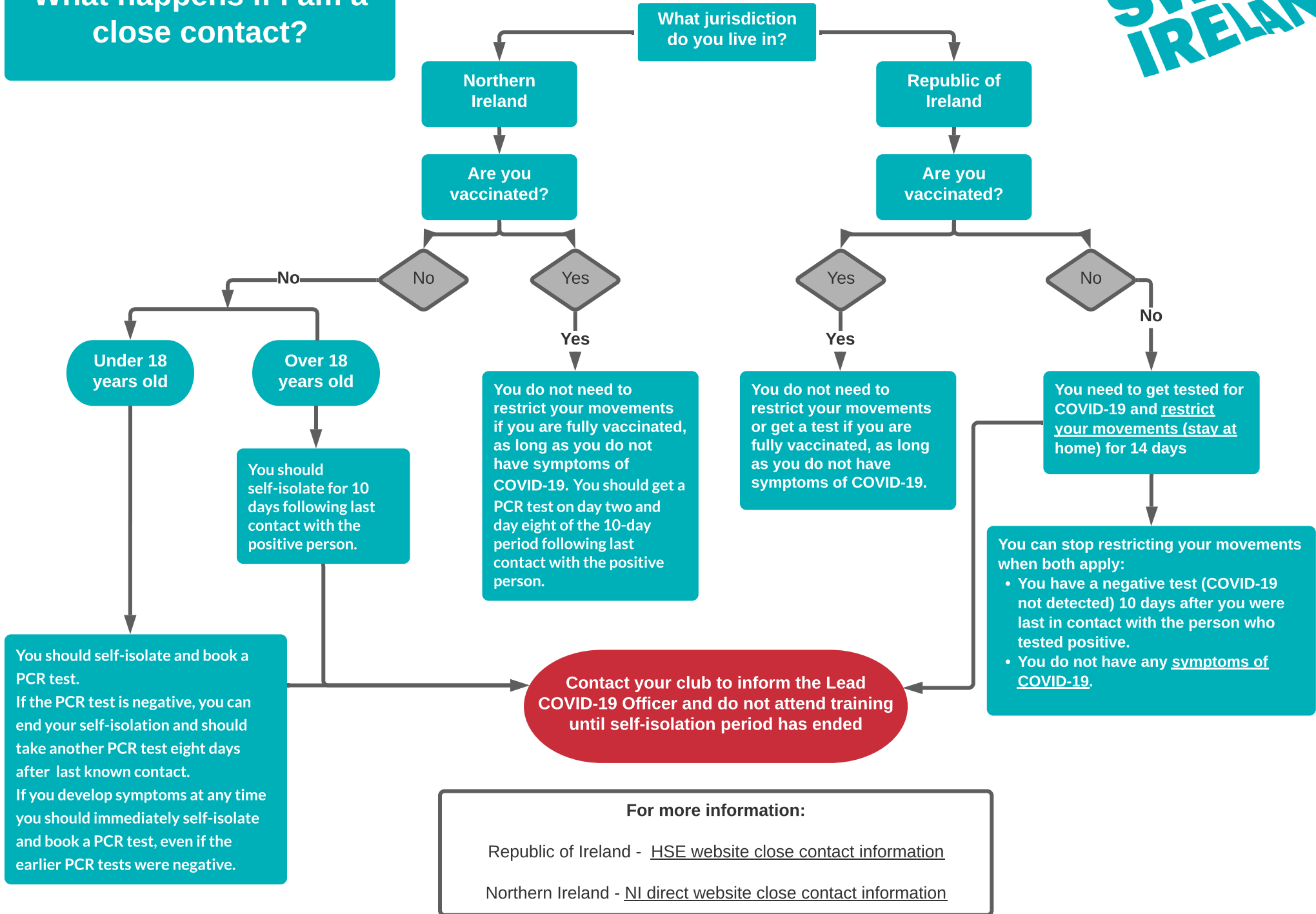


What happens if I am a close contact?



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.

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.

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.

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

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.

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

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