



An Roinn Sláinte Poiblí

Campas Ospidéal Pháirc Mheirlinne, Gaillimh H91 N973  
T: 091 775200 F: 091 758283 R: public.health@hse.ie

Department of Public Health

Merlin Park Hospital Campus, Galway, H91 N973.  
T: 091 775200 F: 091 758283 E: public.health@hse.ie

## Information Leaflet for Casual Contacts

### What is a casual contact?

A casual contact is someone who has had limited contact with a confirmed case of Covid 19. This could be any individual who has spent less than 15 minutes, face-to-face, within two meters of a person with coronavirus in any setting or who has shared a closed space with a case for less than two hours.

### What do I need to do if I am a casual contact?

You need to follow the general public health guidance (see advice below) about staying safe and protecting yourself and others from Covid 19.

You **do not** need to self-isolate or quarantine from others unless you develop symptoms

If you have any common symptoms of coronavirus (COVID-19), you should self-isolate and phone your GP straight away to get a coronavirus test.

### Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- It can take up to 14 days for symptoms to show. They can be similar to symptoms of cold and flu

Getting an early diagnosis from your GP means you can get the help you need and take steps to avoid spreading the virus, if you have it.

As public health restrictions are lifted, proper hand washing, respiratory hygiene and social distancing are even more important.

We are still at risk of a large surge of infection. Everyone should use their judgement and follow the advice below to help slow the spread of coronavirus.

Try and limit the number of people you meet with outside of your home and the time you spend with them.

## Protect yourself and others from coronavirus

### You should:

- wear a face covering if you are using public transport - this is the law, you may be fined or refused entry if you don't wear one
- work from home if possible - if you cannot work from home, keep 2 metres apart from other people
- avoid crowded places as much as possible - leave a location if social distancing becomes difficult
- only use public transport for essential journeys - walk or cycle instead, if you can
- avoid places where you can't keep 2 metres apart from other people, where possible
- wear a face covering if you are in a public place - wearing a face covering in shops or shopping centres is mandatory from 10/08/2020
- wear a face covering when visiting people aged 70 or over, or other vulnerable people - be sure to practice social distancing for their safety
- Download the COVID Tracker App - visit [www.covidtracker.ie](http://www.covidtracker.ie) for more information

### You can:

- meet people indoors or outdoors for social gatherings, but keep at least 2 metres apart
- attend medical appointments, collect medicine or other health products
- exercise outdoors or indoors in gyms and sports clubs while following public health advice
- visit outdoor spaces, playgrounds and tourism sites, where you can keep at least 2 metres apart from other people

### **For further information visit:**

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

<https://www2.hse.ie/coronavirus/>