
Recent updates in COVID-19 isolation requirements

The isolation period for Covid-19 positive cases and household contacts is set to reduce from 10 to 7 days. Critical healthcare workers who have Covid-19 are allowed to return to work on Covid wards if their absence would mean a critical health service would stop functioning.

Isolation requirements

The Government has announced that the isolation period for Covid-19 cases and their household contacts will be reduced from 10 to 7 days from 11:59pm Friday 11 March.

Household contacts will need to produce a negative Rapid Antigen Test (RAT) on days 3 and 7 of their isolation period. If they become symptomatic, they should get a test. If they test positive, they are required to isolate for 7 days from that point.

Recovered cases will no longer need to self-isolate if they become a household contact within 90 days after having the virus.

Critical healthcare workers

Critical healthcare workers who have Covid-19 are allowed to work on Covid wards (where all patients in the ward have Covid-19), if their absence would put an essential service at risk. The worker must be vaccinated, asymptomatic or only mildly symptomatic, wear N95 masks with full PPE and avoid public transport if possible. All other options must have been exhausted before this can occur. The worker must agree to return and not feel pressured.

Critical healthcare workers in non-Covid wards may return to work on day 6 of their isolation period provided

they return a negative RAT on days 5 and 6 of their isolation period. The worker must be vaccinated, asymptomatic or mildly symptomatic and follow specific health measures.

Want to know more?

If you have any questions about the recent updates, please contact our specialist [Employment Team](#).