



**Health
Information
and Quality
Authority**

An tÚdarás Um Fhaisnéis
agus Cáilíocht Sláinte

Rapid review of recommendations from international guidance on the duration of restriction of movements

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About the Health Information and Quality Authority

The Health Information and Quality Authority (HIQA) is an independent statutory authority established to promote safety and quality in the provision of health and social care services for the benefit of the health and welfare of the public.

HIQA's mandate to date extends across a wide range of public, private and voluntary sector services. Reporting to the Minister for Health and engaging with the Minister for Children and Youth Affairs, HIQA has responsibility for the following:

- **Setting standards for health and social care services** — Developing person-centred standards and guidance, based on evidence and international best practice, for health and social care services in Ireland.
- **Regulating social care services** — The Chief Inspector within HIQA is responsible for registering and inspecting residential services for older people and people with a disability, and children's special care units.
- **Regulating health services** — Regulating medical exposure to ionising radiation.
- **Monitoring services** — Monitoring the safety and quality of health services and children's social services, and investigating as necessary serious concerns about the health and welfare of people who use these services.
- **Health technology assessment** — Evaluating the clinical and cost-effectiveness of health programmes, policies, medicines, medical equipment, diagnostic and surgical techniques, health promotion and protection activities, and providing advice to enable the best use of resources and the best outcomes for people who use our health service.
- **Health information** — Advising on the efficient and secure collection and sharing of health information, setting standards, evaluating information resources and publishing information on the delivery and performance of Ireland's health and social care services.
- **National Care Experience Programme** — Carrying out national service-user experience surveys across a range of health services, in conjunction with the Department of Health and the HSE.

Updated rapid review of recommendations from international guidance on the duration of restriction of movements

Key points

- Public health interventions aim to minimise the burden of COVID-19 by reducing the spread of SARS-CoV-2. Important interventions include 'self-isolation' and 'restriction of movements' (or 'quarantine') which are associated with specific durations of time.
- 'Restriction of movements' is defined as separating and restricting the movements of people who were exposed or potentially exposed to COVID-19. This is performed as a precautionary measure to prevent onward transmission should exposed individuals later become diagnosed.
- Isolation (or self-isolation), is a responsive measure, defined as separating those with symptoms of, or diagnosed with COVID-19, from people who are not infected.
- Individuals may be infectious before, or soon after they show symptoms of COVID-19. There is a large proportion of asymptomatic individuals who will never develop symptoms, but may transmit the disease. Therefore, the implementation of an adequate period of restricted movements for those exposed, or potentially exposed to SARS-CoV-2 is essential to reducing transmission.
- A review of international public health recommendations, from a predefined list of 22 countries and four agencies, regarding restriction of movements (quarantine) was undertaken.
- Recommendations in Ireland are that close contacts of a COVID-19 case should get tested for COVID-19 and restrict their movements for 14 days.
- The World Health Organization (WHO), Centers for Disease Control and Prevention (CDC) and multiple countries recommend that all confirmed close contacts of confirmed or suspected COVID-19 cases restrict their movements for 14 days; early testing of close contacts is advised.
- The European Centre for Disease Prevention and Control (ECDC) have stated that the duration of restriction of movements can be reduced from 14 days if a

polymerase chain reaction (PCR) test taken on or after day 10 following last exposure to the case is negative (virus not detected).

- The duration of restriction of movements for confirmed close contacts of confirmed or suspected COVID-19 cases is 10 days in Austria, Norway, Spain, Switzerland and The Netherlands.
- With the exception of Belgium and Iceland, none of the countries and organisations reviewed (virus not detected) test results. Moreover, Australia, Austria, England and Northern Ireland state that a negative test does not reduce restriction of movements.
- Belgium specify that asymptomatic close contacts should be tested (PCR) five days following last exposure to the infected person. If the virus is not detected, restriction of movements may be ended after day seven. A 10-day quarantine (that is, restricted movements) continues to apply to those who do not attend for testing.
- Iceland specify that restriction of movements can be shortened for asymptomatic individuals by undergoing a PCR test seven days following last exposure to the infected individual. If the virus is not detected, restriction of movements can stop.
- For travel-related exposure, the duration of the recommended restriction of movements depends on the destination country and the country from which travel originated. Current recommendations in Ireland are that those arriving from a country which is not on the 'green list', should also restrict their movements for 14 days.
- Individual countries specify time periods of seven to 14 days, if the origin country is not on their 'green list'. Some countries also require testing in addition to the specified period of restricted movements, whilst others advise that restriction of movements can be ended following pre-departure and, or on-arrival testing if SARS-CoV-2 is not detected.
- Austria recommends restriction of movements for 10 days following travel; this can be stopped if a PCR test does not detect SARS-CoV-2 during this time. Iceland recommends restriction of movements for 10 days following travel; this can also be stopped provided a PCR test (that does not detect SARS-CoV-2) has been carried out on day five of restriction of movements.

- The European Commission has adopted a common approach to travel based on a colour system. On the basis of the common map, Member States will decide whether they introduce certain restrictions, such as quarantine or tests, on travellers coming from other areas. Individuals travelling from an area classified as 'red' or 'grey' must either restrict their movements for 14 days or undergo a COVID-19 test after arrival, with testing being the preferred option.

Background

In the context of COVID-19, 'restriction of movements' (also known as quarantine) is defined as the separation and restriction of the movements of people exposed, or potentially exposed, to SARS-CoV-2.^(1, 2) The aim of restriction of movements is to prevent onward transmission, should exposed (or potentially exposed) individuals later become confirmed cases. Evidence shows that individuals with COVID-19 may be infectious before they display symptoms of the disease.⁽³⁻⁵⁾ Moreover, those who are asymptomatic (individuals who never develop symptoms) account for a large proportion of COVID-19 cases and are also likely capable of transmitting the disease.^(6, 7) Restriction of movements' is distinct from isolation (or self-isolation) which is defined as separating those with symptoms of, or diagnosed with COVID-19, from people who are not infected. In the absence of a vaccine or effective treatment for COVID-19, limiting onward transmission of the disease through restriction of movements and isolation are important public health interventions.⁽⁸⁾

Individuals identified as close contacts of a confirmed COVID-19 case, or with potential travel-related exposure are required to restrict their movements.⁽²⁾ For this to be effective, it must be long enough to prevent transmission (through early re-entry of confirmed cases into the community), but not too long so as to prevent the negative impact this can have on an individual's quality of life and the economy through absenteeism.^(6, 9)

In Ireland, the recommendation is for close contacts of someone with confirmed or suspected COVID-19 to restrict their movements for 14 days and be tested for the virus (SARS-CoV-2). If the first test does not detect SARS-CoV-2, a second test is required seven days after the last contact with the confirmed case. If the date of last contact is unknown, the second test is required seven days after their interview with the contact tracing team. The second test is to determine if close contacts have confirmed COVID-19. Individuals are not referred for the second test if it occurs within 24 hours of the first test, or if the first test detects SARS-CoV-2. Even if an

individual's test results do not detect SARS-CoV-2, they should still continue to restrict their movements.

In respect of travel-related exposure, when travelling from a country not on the green list, the Irish Authorities advise anyone coming into Ireland to restrict their movements for 14 days; this includes citizens and residents returning to Ireland. For those arriving from Northern Ireland and locations with a security rating of 'normal precautions' ("green"), no restriction of movements is required. Individuals at risk due to potential travel-related exposure are not referred for testing, nor does the availability of a 'not detected' test result reduce the recommended duration of restriction of movements.

This review of international guidance was part of an evidence synthesis undertaken to inform advice from HIQA to the National Public Health Emergency Team (NPHET) on the following policy questions:

1. "Does the evidence support the current 14-day duration of restriction of movements for individuals exposed, or potentially exposed, to SARS-CoV-2?"
2. "What is the potential impact of different testing scenarios to reduce the duration of restriction of movement for close contacts of a COVID-19 case?"

Methods

This rapid review was first undertaken on 25 September, and updated on 14 October 2020, in line with the 'Protocol for evidence synthesis for the duration of restriction of movements', available on www.hiqa.ie. A detailed account of the methods used in this rapid review are provided in the protocol.

Results

The international guidance on restriction of movements for confirmed close contacts and travel-related exposure is presented in Table 1 and Table 2, respectively. These tables do not represent an exhaustive list of countries or the possible variations in recommendations and guidance. Instead, the focus is on European and developed countries as these are more likely to be of relevance to Ireland.

Close contact of someone with confirmed COVID-19

In total, international guidance from three organisations and 22 countries, relating to the restriction of movements due to close contact, were included in this review.

Guidance documents typically specify that symptomatic contacts should be tested as soon as possible after being traced in order to facilitate early identification of any

secondary cases among close contacts and to initiate further contact tracing of those who may have been exposed before restriction of movement began. The ECDC highlights that while testing of symptomatic contacts is prioritised, testing of all close contacts is advised where resources permit, provided it does not compromise the accessibility or timeliness of testing for those who are symptomatic. If SARS-CoV-2 is detected, the contact is confirmed as a secondary case and the requirement for self-isolation applies.

Overall, most of the countries and organisations recommend the restriction of movements for 14 days for anyone who has been a close contact of a confirmed case. Austria, Norway, Spain, Switzerland and The Netherlands recommend a 10 day period. Denmark recommends immediate restriction of movements and testing, unless 14 days have already passed since close contact with the infected person and the close contact has no symptoms. France recommends 14 days restricted movements for those living with the contact and seven days for those who do not. Recommendations from Sweden do not specify a duration for restriction of movements, but instead state that close contacts should stay at home until a test has been undertaken. See Table 1.

Reduced restriction of movement for close contacts through testing

Of the countries included in this review, with the exception of Belgium and Iceland, none stated that restriction of movements for close contacts can be reduced through testing. Moreover, Australia, Austria, England, Ireland and Northern Ireland state that a negative test does not end restriction of movements. The potential to reduce the recommended period of restriction of movements through additional testing is discussed in the ECDC's COVID-19 Testing Strategies and Objectives report.⁽¹⁰⁾ The report, published on 15 September 2020, notes that if the first test is negative (SARS-CoV-2 not detected), and a subsequent test taken on, or after, day 10 following the last exposure to the case is reported as negative, the contact may be discharged from quarantine prior to the end of the recommended 14-day period. The rapid risk assessment published by the ECDC on 24 September 2020 specifies that the early release from quarantine is on the basis of a negative PCR test (that is, SARS-CoV-2 not detected). The ECDC notes that early release from restriction of movements needs to be considered on a case-by-case basis given that a small proportion of close contacts without symptoms or a detectable viral load may still develop infection at the very end of the incubation period. They highlight that testing later than day 10 may be required for close contacts in high-risk settings (for example, prisons) or working with vulnerable populations.

Updated Belgian recommendations specify that close contacts should quarantine for seven days as soon as they become aware of the potential exposure or are

contacted via contact tracing. The seven days start from the moment the individual was last in close contact with the infected person. On day five, they should get tested. If the individual tests positive, they should quarantine for another seven days. In the event of a negative test, quarantine will end after seven days from the last contact with the individual. A 10-day quarantine (that is, restricted movements) continues to apply to those who do not attend for testing.

In Iceland, quarantine for COVID-19 exposure is 14 days from last possible exposure or until symptoms appear. Quarantine may be increased if additional exposure occurs (for example, another family member is diagnosed with the disease). However, it is noted that quarantine can be shortened for asymptomatic individuals if the virus is not detected by PCR test undertaken seven days after exposure. A number of caveats to this apply: the individual is advised to continue to pay special attention to hygiene and basic infection control and to avoid contact with vulnerable groups. Furthermore, the quarantine cannot be shortened if they are in quarantine in the same place as an infected individual; see Table 1.

Potential travel-related exposure

In total, international guidance from three organisations and 22 countries, relating to restriction of movements due to potential travel-related exposure, were included in this review. Current international policy in relation to travel-related restriction of movement can be broadly categorised into one of four approaches: (i) specified duration; (ii) specified duration plus mandatory testing; (iii) potential to reduce specified duration through testing; (iv) no restriction of movements with a test that does not detect SARS-CoV-2, conducted not more than 72 hours before departure or 48 hours after arrival.

Australia, Canada, Denmark, Germany, the United Kingdom, CDC and ECDC recommend the restriction of movements for 14 days. Norway, Switzerland and The Netherlands recommend the restriction of movements for 10 days.

Germany recommends the restriction of movements for 14 days as well as a test for those entering from high-risk areas. New Zealand and Hong Kong recommend the restriction of movements for 14 days and a negative test (SARS-CoV-2 not detected) regardless of the country from which travel originated. Singapore recommend the restriction of movements for seven or 14 days (depending on the country from which the traveller departed) in conjunction with testing. If entering France from a country within the European area there are no restrictions. Those entering France from a high risk area must present a PCR test result showing no detection of SARS-CoV-2 (test to be taken within three days of departure from country of origin); upon entry they must restrict their movements for 14 days.

For Belgium, travel recommendations are based on passenger arrival from 'green', 'orange', 'light orange' and 'red' zones. Currently, restriction of movements (for seven days) is only mandatory on return to Belgium from a red zone, as is PCR-testing on the fifth day. If the test is negative (SARS-CoV-2 not detected), restriction of movements is complete. Austria recommend restriction of movements for 10 days; this can be stopped if a PCR test conducted during this time does not detect SARS-CoV-2. Alternatively, restriction of movements can be evaded by a negative (SARS-CoV-2 not detected) PCR test conducted up to 72 hours before entering the country. Iceland recommend restriction of movements for 14 days; this can be stopped if a PCR test taken on day 5 of restriction of movements shows SARS-CoV-2 not detected. Bulgaria recommend restriction of movements for 14 days; this can be evaded by a negative (SARS-CoV-2 not detected) PCR test conducted up to 72 hours before entering the country.

Portugal imposes no travel restrictions upon entry; but those travelling from countries at higher epidemiological risk must provide proof of laboratory testing for SARS-CoV-2 infection carried out 72 hours prior to departure; the test must show that SARS-CoV-2 was not detected. Similarly, when entering Italy from certain jurisdictions there are no restrictions, but a molecular or antigen test (completed within 72 hours before or 48 hours after entering national territory) must confirm that SARS-CoV-2 infection was not detected.

Sweden imposes no restrictions of movements for those entering the country, but the Ministry of Foreign Affairs advises against travel and has banned all non-essential travel to Sweden from outside the EU; see Table 2.

Conclusion

This rapid review of recommendations from international guidance on the duration of restriction of movements comprises guidance from the WHO, ECDC, CDC, European Commission and 22 countries. This guidance is being updated regularly and is correct as of 14 October 2020.

- The duration of restriction of movements recommended for close contacts is seven, 10 or 14 days depending on the jurisdiction.
- For travel-related exposure, the duration of restriction of movements is seven, 10 or 14 days, depending on the destination; testing to detect SARS-CoV-2 may also be required depending on the country from which travel originated (that is, depending on the epidemiological risk indicated by the traffic light system).

There is considerable variation in the terminology used for restriction of movements and it is frequently interchanged and confused with self-isolation. Self-isolation refers to the isolation of a confirmed COVID-19 case to prevent onward transmission of the disease.^(1, 3) Increasing public awareness of this distinction is crucial to the successful implementation of public health interventions to reduce COVID-19 transmission. In relation to close contact exposure, the ECDC states that the duration of quarantine can be reduced from 14 days if a PCR test taken on or after day 10 following last exposure to the case is negative (virus not detected). Of the countries included in this review, with the exception of Belgium and Iceland (which permits a reduced duration for asymptomatic contacts if a non-detected result is obtained with a PCR test at day seven), none state that restriction of movements for close contacts can be reduced through testing.

Table 1. Summary of international guidance on restriction of movement for close-contact of a confirmed case

Country or organisation Date released or updated	Duration of restriction of movement recommended for close-contact of confirmed case
Australia ⁽¹¹⁾ 10 September 2020	Quarantine is when you are well but may have been in contact with someone with COVID-19. In such cases, you must stay in quarantine for 14 days to prevent the spread of the virus. Even if you test negative, you must stay in quarantine for the full 14 days.
Austria ⁽¹²⁾ 29 September 2020	Quarantine means that people who have had a positive test result or who have had contact with an infected person are separated out for 10 days by a notification from the medical officer (health authority). In severe cases, this can be a hospital; in the case of mild symptoms, these people can spend a quarantine at home. A negative antigen test does not end the duration of quarantine. As with the PCR test, the antigen test is only a snapshot. Since the person can be in the incubation period, the quarantine must remain in place until day 10 after the last contact with the person who tested positive, even if the test result is negative.
Belgium ⁽¹³⁾ 9 October 2020	Quarantine has been shortened and the procedure simplified. <ul style="list-style-type: none"> ▪ If symptomatic, the patient should self-isolate immediately for seven days and contact a doctor to arrange for a test. If the patient tests positive, he/she should remain in quarantine. If the patient tests negative, he/she may end quarantine after the clinical resolution of symptoms. ▪ Asymptomatic individuals who have had close contact with a person who has tested positive should immediately quarantine for seven days as soon as they become aware of this or are contacted via contact tracing. The seven days start from the moment he/she was last in close contact with the infected person. On day five, he/she should get tested. If the individual tests positive, he/she should quarantine for another seven days. In the event of a negative test, quarantine will end after seven days. ▪ A 10-day quarantine (that is, restricted movements) continues to apply to those who do not attend for testing.
Bulgaria ⁽¹⁴⁾ Publication date unknown	All close-contacts of a confirmed case of COVID-19, at the discretion of the epidemiologist, are quarantined at home or elsewhere for accommodation and medical supervision for a period of 14 days from the last contact with the infected person . The monitoring of the health condition of each contact person is performed by the general practitioner or the respective regional health inspection.
Canada ⁽¹⁵⁾ 15 September 2020	If you have no symptoms and any of the following apply to you, you must quarantine for 14 days if: <ul style="list-style-type: none"> ▪ you had close-contact with someone who has or is suspected to have COVID-19. ▪ you've been told by the public health authority that you may have been exposed to COVID-19 and need to quarantine.
Denmark ⁽¹⁶⁻¹⁷⁾ 12 October 2020	If you are notified that you are the close-contact of someone who has tested positive for novel coronavirus, you must immediately self-isolate and be tested. Until your test results come back, you should act as if you are infected.

	<p>If more than 14 days have passed since you had close-contact with an infected person, and provided you have no symptoms, you are considered infection-free and therefore do not have to take any special precautions.</p> <p>Book a time for your first test as soon as possible after your referral, but please note that the first test should be done a minimum of four days after your initial close-contact with the infected person. If you have had close-contact with an infected person for some time, for example, because you live together, you should book a time for the first test as soon as possible. The second test should be done two days after the first test. If more than six days have elapsed since you last had close-contact with the infected person, you do not need two tests. In that case, you only have to book a time for one test.</p>
<p>England⁽¹⁸⁾ 28 September 2020</p>	<p>If you have been informed that you are a contact of a person who has had a positive test result for COVID-19, self-isolate at home for 14 days from the date of your last contact with them. If you do not develop symptoms you do not need to be tested. However, if you develop symptoms, stay at home and arrange to have a test to see if you have COVID-19. If your test is negative, then you must still complete the full 14 days of self-isolation, as you could still develop COVID-19. You should continue to follow the advice provided in this guidance.</p>
<p>France⁽¹⁹⁾ 12 October 2020</p>	<p>If you have been identified as a contact case, you will be contacted by the health insurance services who will ask you to stay in "preventive fortnight" and will tell you when to perform your test (immediately if you live in the same household as the contaminated person, or by observing a period of seven days after your last contact with this person, if you do not live with them). You must then make an appointment at a place of medical examination. No medical prescription will be required.</p>
<p>Iceland⁽²⁰⁾ 12 October 2020</p>	<p>Quarantine for COVID-19 exposure is 14 days from last possible exposure or until symptoms appear, but if symptoms appear and an infection is confirmed by laboratory testing, you must follow instructions regarding isolation. Quarantine may be increased if additional exposure occurs (e.g. another family member is diagnosed with the disease). Quarantine can be shortened for asymptomatic individuals by undergoing a PCR screening test after seven days. If the virus is not detected the quarantine is lifted. For the next seven days the individual still needs to pay special attention to hygiene and basic infection control and avoid contact with vulnerable groups. The test is free of charge to the individual. If they are in quarantine in the same place as an infected individual, quarantine cannot be shortened and they should not present for testing unless they have kept complete separation from the infected individual for seven days.</p>
<p>Ireland⁽²¹⁾ 9 October 2020</p>	<p>If you are a close contact you need to get tested for COVID-19 and restrict your movements for 14 days - even if your test comes back negative. If you develop symptoms of COVID-19, you will need to self-isolate. You can become a close contact on more than one occasion. You will need to restrict your movements each time.</p> <p>You may get a second test even if your first test is negative. This is because it can take up to 14 days for the virus to show up in your system after you have been exposed to it. You will need to continue to restrict your movements, even if your first test was negative. A contact tracer will ask you for the date that you last had contact with a positive case. You may be invited for a second test seven days after this date. Your contact tracer will tell you if you need a second test. If</p>

	you do not know when your last contact took place, the contact tracer will record the date of the interview as the last date of contact. Your second test will be for seven days after this date.
Italy ⁽²²⁾ 10 October 2020	Quarantine is carried out on a healthy person (close-contact), who has been exposed to a COVID-19 case, with the aim of monitoring symptoms and ensuring early identification of cases. For COVID-19, the quarantine period is 14 days after the date of the last exposure (maximum incubation period of the disease if the person contacted has developed the infection).
New Zealand ⁽²³⁾ 7 October 2020	We are tracing all close contacts of cases, and getting them tested for COVID-19. All close contacts will remain in self-isolation for 14 days . Most casual contacts do not need to self-isolate and only need to be tested if they develop symptoms. In some specific situations, usually early on in an investigation, some casual contacts may be asked by health officials to get tested and self-isolate until they have returned a negative test. In all situations, if a casual or close contact later develops symptoms, they should get tested, even if they had an earlier test, and self-isolate while awaiting the test result.
Northern Ireland ⁽²⁴⁾ Publication date unknown	As a close-contact you will be asked to self-isolate for up to 14 days , depending on when you last came into contact with the person. It's really important to do this even if you don't feel unwell. You will also be asked to continue to self-isolate if you have been identified as a close-contact of a confirmed case even if you have received a negative test result, because it can take up to 14 days for the symptoms of infection to develop.
Norway ⁽²⁵⁾ 8 October 2020	<p>If you are defined as close contact to someone who has tested positive for COVID-19, you must be in quarantine for 10 days from the last contact with the patient. Healthy household members to a COVID-19 patient with symptoms can end their quarantine 10 days after the last near contact with the person who is sick. This assumes that the healthy and the sick can live separately in the same household; that is, separate bathroom, bedroom and common rooms during the quarantine period. If living separately in a joint household is not possible, the quarantine for the healthy household members will end 15 days after the onset of symptoms for the household member who last became ill.</p> <p>Healthy household members to a COVID-19 patient without symptoms (asymptomatic) can end their quarantine 10 days after the test date for the infected person. This is regardless of whether there is contact between the infected person and other household members. If the isolated, asymptomatic person develops symptoms during their isolation period, the quarantine for household members will be affected.</p>
Scotland ⁽²⁶⁾ 3 August 2020	<p>If you live with other people and have symptoms, they'll need to stay at home for 14 days from the start of your symptoms even if they don't have symptoms themselves. If they develop symptoms within the 14 days, they need to stay at home for 10 days from the day their symptoms started and arrange to be tested. They should do this even if it takes them over the 14-day isolation period.</p> <p>Advice for household contacts who live with the index case:</p> <ul style="list-style-type: none"> ▪ Contacts sharing the same household as the index case should isolate at home for 14 days from the date of onset of symptoms in the index case. ▪ Isolation should commence as soon as symptoms develop in the index case, whilst awaiting the result of testing.

	<ul style="list-style-type: none"> ▪ In situations where the index case is initially asymptomatic, isolation should be for 14 days from the date the test was taken from the index case. If symptoms develop subsequently, isolation should be re-started from the date of symptom onset in the index case. <p>Advice for non-household contacts and household contacts who do not usually live with the case (including sexual contacts, overnight stays and cleaners):</p> <ul style="list-style-type: none"> ▪ Contacts from outside the household of the case should be told to self-isolate at home for 14 days from the date of last exposure to the case. ▪ They should be advised to avoid contact with the rest of their household as far as possible, especially anyone who is at higher risk of severe illness or extremely high risk of severe illness (shielding). Separation of contacts from the extremely vulnerable should be considered and local measures implemented to facilitate this as required. ▪ Other members of the contact’s household do not need to isolate unless the contact becomes symptomatic. ▪ GPs of any contacts do not need to be routinely notified. ▪ Where a contact is associated with a complex setting such as a hospital or care home, local risk assessment will be required.
<p>Singapore⁽²⁷⁾ 5 October 2020</p>	<p>If you are deemed to be a close-contact of a confirmed case, you will be contacted by MOH officials and advised on the measures that you should take. Close-contacts are defined as: (i) anyone who had provided care for or has had close physical contact with the patient; (ii) anyone who had stayed at the same place as a confirmed case. The health status of all close-contacts will be monitored closely for 14 days from their last exposure to the patient. Those who develop symptoms will be brought to the hospital via a dedicated ambulance for further assessment.</p>
<p>Spain⁽²⁸⁾ 2 October 2020</p>	<p>If you are a close contact, stay at home preferably in your room, for 10 days. You should watch for the appearance of any symptoms (fever, cough, difficulty breathing) during the 10 days of quarantine and for the next 4 days.</p>
<p>Sweden⁽²⁹⁾ 1 October 2020</p>	<p>If you have met with someone who has a confirmed Covid-19 infection:</p> <ul style="list-style-type: none"> ▪ If you start to experience symptoms, you must isolate yourself and contact healthcare to get tested. While waiting for your results, you must stay at home and avoid close contact with others. ▪ If you do not experience symptoms, you must still be aware that you could be infected. Avoid close contact with other people for the first while. If possible, you should work from home.
<p>Switzerland⁽³⁰⁾ 28 September 2020</p>	<p>When a person tests positive for the coronavirus:</p> <ul style="list-style-type: none"> • The cantonal authorities work with that person to ascertain who they have been in close contact with – in the 48 hours before the symptoms of the disease developed, up to the point at which they went into isolation. • The authorities notify the persons identified that they may be infected. • If these persons do not have any symptoms, they must spend 10 days in quarantine, counting from the date on which they may have been infected. If they do not develop any symptoms during this period, they are allowed to leave quarantine.

<p>The Netherlands⁽³¹⁾ 18 August 2020</p>	<p>Contact tracing means working out where you may have contracted the infection (the source). The purpose of contact tracing is to prevent the virus from spreading further. You and your contacts will be given specific instructions on what to do. You and any other members of your household must in any case stay at home for 10 days. It is important that you inform your GP, employer and/or in-house medical officer of the results of the test.</p>
<p>Wales⁽³²⁾ 17 June 2020</p>	<p>You'll only be called if it's been confirmed that you've close contact with someone who has coronavirus. This means you would be at increased risk of catching the disease and passing it on to others, so we need to work together to keep Wales safe. In Wales, contact tracing is about protecting your health and the health of others.</p> <p>You'll be asked to self-isolate for 14 days to make sure you don't spread the virus. It is really important to do this even if you don't have any symptoms. If you've been infected, you could become infectious to others at any point up to 14 days. Members of your family are not required to self-isolate, but they should follow the general social distancing guidance and avoid contact with you whilst you are isolating at home. You'll also be asked to monitor your symptoms so that you get tested as soon as possible if needed. You'll only be advised to take a test if you are displaying symptoms. Testing while asymptomatic can generate false negatives and is therefore not recommended.</p>
<p>WHO</p>	<p><u>Considerations for quarantine of contacts of COVID-19 cases (19 August 2020)</u>⁽³³⁾ WHO recommends that all contacts of individuals with a confirmed or probable COVID-19 be quarantined in a designated facility or at home for 14 days from their last exposure.</p> <p>A contact is a person in any of the following situations from 2 days before and up to 14 days after the onset of symptoms in the confirmed or probable case of COVID-19:</p> <ul style="list-style-type: none"> ▪ Face-to-face contact with a probable or confirmed case of COVID-19 within 1 meter and for more than 15 minutes. ▪ Direct physical contact with a probable or confirmed case of COVID-19. ▪ Direct care for an individual with probable or confirmed COVID-19 without using proper personal protective equipment. ▪ Other situations, as indicated by local risk assessments. <p>For contacts who do not develop symptoms, WHO no longer considers laboratory testing a requirement for leaving quarantine after 14 days.</p> <p><u>Home care for patients with suspected or confirmed COVID-19 and management of their contacts (12 August 2020)</u>⁽³⁴⁾ Contacts should remain in quarantine at home and monitor their health for 14 days from the last day of possible contact with the infected person.</p>

	<p>Public Health Surveillance (7 August 2020)⁽³⁵⁾ Contact tracing is the identification and follow-up of all persons who may have had contact with an individual with COVID-19. By following such contacts daily for up to 14 days since they had contact with the source case, it is possible to identify individuals who are at high risk of being infectious and/or ill and to quarantine them before they transmit the infection to others.</p>
<p>CDC 9 October 2020</p>	<p>Frequently Asked Questions (9 October 2020)⁽³⁶⁾ If you have been in close contact with someone who has COVID-19, you should be tested, even if you do not have symptoms of COVID-19. While you are waiting for your COVID-19 test result, stay home away from others (self-quarantine) and monitor your health for symptoms of COVID-19 to protect your friends, family, and others from possibly getting COVID-19.</p> <p>If your test is positive, you should continue to stay home and self-isolate away from others and monitor your health. If you have symptoms of COVID-19 and they worsen or become severe, you should seek emergency medical care. If your test is negative and you don't have symptoms, you should continue to stay home and self-quarantine away from others for 14 days after your last exposure to COVID-19 and follow all recommendations from the health department. A negative result before the end of your quarantine period does not rule out possible infection. Additionally, you do not need a repeat test unless you develop symptoms, or if you require a test to return to work. If your test is negative and you have symptoms, you should continue to self-quarantine away from others for 14 days after your last exposure to COVID-19 and follow all recommendations from the health department. Additional medical consultation and a second test may be needed if your symptoms do not improve.</p>
<p>ECDC</p>	<p>Guidelines for non-pharmaceutical interventions to reduce the impact of COVID-19 in the EU/EEA and the UK (24 September 2020)⁽³⁷⁾ A duration of 14 days is considered sufficient for monitoring people who have had contact with SARS-CoV-2 cases. A test at day 10 after last exposure can be used to discontinue quarantine early if the test is negative.</p> <p>COVID-19 testing strategies and objectives (15 September 2020)⁽¹⁰⁾ All symptomatic contacts should be tested as quickly as possible to allow for further contact tracing. It is also recommended that high-risk exposure contacts without symptoms and low-risk exposure contacts in special settings are tested as soon as possible after being traced, in order to facilitate early identification of any secondary cases among contacts and to initiate further contact tracing of those who may have been exposed before quarantine began.</p> <p>If the first test taken is negative and a subsequent test, taken on or after day 10 following the last exposure to the case, is negative, the contact person may be discharged from quarantine before the recommended 14-day period. However, a small proportion of contact persons may still develop infection at the very end of the incubation period and not have symptoms or a detectable viral load at day 10. Consequently, early release from quarantine needs to be assessed on a</p>

	<p>case-by-case basis and testing later than day 10 could be considered for contacts working with vulnerable populations or contacts in high-risk settings, such as prisons.</p> <p>If possible, testing should also be done as part of case investigation work to understand where the index case acquired the infection from. This would facilitate further contact tracing to interrupt chains of transmission.</p> <p><u>Infection prevention and control in the household management of people with suspected or confirmed coronavirus disease (30 March 2020)</u>⁽³⁸⁾</p> <p>Caretakers (in household) should quarantine for 14 days after the patient has recovered and self-monitor for COVID-19-like symptoms (for example, fever and cough).</p> <p><u>Isolate at home if sick. Observe quarantine if healthy but were exposed to virus. HELP FIGHT COVID-19 (publication date unknown)</u>⁽³⁹⁾</p> <p>Quarantine refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19, but who are currently healthy and do not show symptoms. In general, quarantine is mandatory and is mainly at home, duration is minimum 14 days, but in specific situations can be done in a hospital or in dedicated facilities.</p>
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Table 2. Summary of international guidance on restriction of movement for travel-related exposure

Country or organisation Date released or updated	Duration of restriction of movement recommended for travel-related exposure
Australia ⁽⁴⁰⁾ 9 September 2020	<p>To prevent the spread of COVID-19, all travellers arriving in Australia by air or sea must go into government approved mandatory quarantine for 14 days from arrival, with limited exceptions. You may be tested for COVID-19 in the first 48 hours and then between days 10 to 12 of quarantine. If you refuse testing, you may have to quarantine for a longer period. Exact testing arrangements depend on states and territories.</p>
Austria ⁽⁴¹⁾ 9 October 2020	<p>When entering from a country with a stable COVID-19 situation (Andorra, Belgium, Denmark, Germany, Estonia, Finland, France, Greece, Ireland, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, Netherlands, Norway, Poland, San Marino, Switzerland, Slovakia, Slovenia, Spain (Canary Islands only), Czech Republic, Hungary, Vatican, United Kingdom and Cyprus), entry is possible without restrictions. The prerequisite for this is that the person has stayed exclusively in these countries in the past 10 days and that they have their domicile or habitual abode in Austria or in one of these countries. If the person has also stayed in other countries within the past 10 days, entry is either with a medical health certificate which confirms a negative PCR test and the test was not more than 72 hours ago, or a 10-day (home) quarantine must be started after entry. A confirmation of accommodation must be presented for this and the costs incurred must be paid for yourself. <u>The quarantine can be ended if a PCR test carried out during this time is negative.</u></p> <p>When entering from a country in which there is no stable COVID-19 situation (Egypt, Albania, Bangladesh, Belarus, Bosnia and Herzegovina, Brazil, Bulgaria, Chile, Ecuador, India, Indonesia, Iran, Kosovo, Croatia, Mexico, Moldova, Montenegro, Nigeria, North Macedonia, Pakistan, Peru, Philippines, Portugal, Romania, Russian Federation, Sweden, Senegal, Serbia, Spain (with the exception of the Canary Islands), South Africa, Turkey, Ukraine, United States (USA) and Hubei Province in China), entry is required with a health certificate that confirms a negative PCR test and the test was not more than 72 hours ago. If testing is not possible abroad, entry can still be granted and the PCR test must be carried out in Austria within 48 hours. Until a negative test result is obtained, a self-monitored (home) quarantine must be started, for which an accommodation confirmation must be presented. If the test result is negative, the quarantine can be ended.</p> <p>In the case of direct entry from all other countries, entry is either with a health certificate or starting a 10-day (home) quarantine. The prerequisite for this is that the medical health certificate confirms a negative PCR test and the test was not more than 72 hours ago. If the health certificate cannot be presented, a 10-day (home) quarantine must be started. This can be ended if a PCR test carried out during this time is negative. <u>The quarantine can be ended if a PCR test carried out during this time is negative.</u></p> <p>Children up to the age of 6 are exempt from the mandatory test upon entry.</p>

<p>Belgium⁽⁴²⁻⁴³⁾</p> <p>13 October 2020</p>	<p>Green zones - travel is possible without restrictions, a COVID-19 test and a quarantine are not mandatory on return to Belgium.</p> <p>Orange zones - travel is possible, a COVID-19 test and a quarantine are not mandatory on return to Belgium.</p> <p>Light orange zones - travel is possible, a COVID-19 test and a quarantine are not mandatory on return to Belgium.</p> <p>Red zones - the Belgian authorities strongly discourage travel to this zone, a COVID-19 test and a quarantine are mandatory on return to Belgium.</p> <p>Quarantine takes seven days on average. You should undergo a COVID-19 test five days after you have been abroad for more than 48 hours and you receive a text message after completing the Passenger Locator Form. If your test is negative then you may be released from quarantine after the seventh day. If your test is positive then you go into seven days of isolation.</p>
<p>Bulgaria⁽⁴⁴⁾</p> <p>Publication date unknown</p>	<p>Bulgarian citizens and persons with the status of permanent, long-term residence must quarantine for 14 days unless they can provide a negative polymerase chain test conducted up to 72 hours before entering the country.</p>
<p>Canada⁽⁴⁵⁾</p> <p>8 October 2020</p>	<p>Before considering travelling, all travellers arriving in Canada must plan for their mandatory 14-day quarantine period, which starts on the date they arrive. Government of Canada representatives will conduct health screenings at the time of entry to Canada and let you know if you need to quarantine or isolate. If you don't have COVID-19 symptoms, you must quarantine for 14 days while you're still at risk of developing symptoms and infecting others.</p> <p>If you have COVID-19 symptoms, you must isolate for 14 days. The only people who may enter Canada if they have COVID-19 or any symptoms of COVID-19 are:</p> <ul style="list-style-type: none"> ▪ Canadians. ▪ Persons with status under the Indian Act. ▪ Permanent residents.
<p>Denmark⁽⁴⁶⁾</p> <p>8 October 2020</p>	<p>If you are returning to Denmark from travel to a country or region, where the Ministry of Foreign Affairs advises against all non-essential travel due to COVID-19, you are strongly advised to follow the Danish Health Authority's guidelines on self-isolation for 14 days after returning from your travel.</p> <p>If you are returning from a country, which the Ministry of Foreign Affairs does not advise against, and follow the MFA's advice for travelling during the COVID-19 pandemic, the advice to follow the Danish Health Authority's guidelines on self-isolation for 14 days after returning from your travel will not apply.</p>
<p>England⁽⁴⁷⁾</p> <p>25 September 2020</p>	<p>When you arrive in the UK, you will not be allowed to leave the place where you're staying for the first 14 days you're in the UK (known as 'self-isolating') unless you're arriving from an exempt country.</p>

	<p>You do not need to self-isolate if you're travelling from an exempt country and have been in an exempt country for the last 14 days. You should check the list of exempt countries before you travel. Exempt countries include all parts of the UK, the Republic of Ireland, the Channel Islands and the Isle of Man.</p>
<p>France⁽⁴⁸⁾ 24 September 2020</p>	<p>If you arrive from countries in the European area (Member States of the European Union plus Andorra, Iceland, Liechtenstein, Monaco, Norway, San Marino, Switzerland and the Vatican), you can enter French territory without restrictions related to the fight against Covid-19, unless you come from Great Britain (in this case, a fortnight is imposed).</p> <p>If arriving from countries in which the virus is still actively circulating, you must bring several documents before traveling:</p> <ul style="list-style-type: none"> ▪ The result of an RT-PCR virological test, dated less than three days before your flight. If you have not done so before boarding, you will be advised to respect a voluntary fortnight and the precautionary measures appearing on the flyer which will be given to you on your arrival. You can also use the health checkpoints at the airport to perform a test immediately. ▪ A sworn statement attesting that you have no symptoms of Covid-19 infection and that you are not aware of having been in contact with a confirmed case of Covid-19 in the 14 days preceding your flight. ▪ A certificate of exceptional travel to mainland France from third countries, as well as several documents to justify the reason for your trip. <p>If arriving from countries where the virus is still circulating very actively:</p> <ul style="list-style-type: none"> ▪ You must bring the documents mentioned above. ▪ If a test can be carried out in your country of departure : you must present the result of this test carried out less than three days before your departure, checked before boarding by the airlines. ▪ If a test cannot be carried out in your country of departure you will be directed on your arrival to the health checkpoints at the airport to perform an RT-PCR test. In case of refusal, you will be expected to quarantine for 14 days. <p>To go to an overseas territory, whatever your place of departure, you will be asked for the result of an RT-PCR test carried out in the 3 days before your flight. In addition, if you are coming from or going to Guyana, Mayotte, French Polynesia, New Caledonia and the Wallis and Futuna Islands, you will be asked for an exceptional travel certificate.</p>
<p>Germany⁽⁴⁹⁾ 12 October 2020</p>	<p>Anyone who enters the Federal Republic of Germany and has stayed in a risk area within 14 days of entry is obliged to go directly to home or other suitable accommodation and to isolate themselves there for 14 days. This does not apply if someone has only travelled through a risk area and was not there.</p> <p>Anyone who enters the country and has stayed in a risk area in the 14 days prior to entry must at the request of the responsible health authority or other agency specified by the state, either prove a negative test result for SARS-CoV-2 or take a test within 10 days after entry. The concrete implementation is carried out by the federal states.</p>

<p>Hong Kong⁽⁵⁰⁾ 13 October 2020</p>	<p>Compulsory quarantine at designated places (home or other accommodation) apart from the exempted persons under the "Compulsory Quarantine of Certain Persons Arriving at Hong Kong Regulation" applies to inbound travellers from the Mainland, Macao or Taiwan, including Hong Kong and non-Hong Kong residents.</p> <p>Hong Kong residents arriving in Hong Kong who have been to any overseas countries or areas in the past 14 days are subject to compulsory quarantine apart from the exempted persons under the "Compulsory Quarantine of Certain Persons Arriving at Hong Kong from Foreign Places Regulation".</p> <p>All inbound travellers who are subject to the compulsory quarantine specified above should not have any symptoms and should have passed temperature checks upon entry. Those with symptoms will be referred to the Department of Health for further handling. Arrivals holding a visa with validity of less than 14 days will be denied entry.</p> <p>Starting from 4am on 18 August 2020, those arriving Hong Kong via the Hong Kong International Airport will be required to proceed to the Temporary Specimen Collection Centre (TSCC) set up in the restricted area of the Airport for collecting their deep throat saliva samples immediately upon arrival. They will need to stay at the TSCC to wait for test results which will be available on the same day before they can proceed with immigration procedures. For passengers whose test results will not be available on the same day (usually passengers arriving in afternoons or at nights), they can proceed with immigration procedures right after collecting their deep throat saliva samples at the TSCC. They will subsequently be taken to the Holding Centre for Test Result (HCTR) of the Department of Health in hotel by coaches arranged by the Department of Health to wait for their test results. However, the Department of Health will make flexible arrangements according to its capacity and the daily number of passengers arriving on afternoon flights. If necessary, inbound travellers arriving in the afternoon could also be arranged to wait for test results at the TSCC. In general, the relevant passengers will only stay in the HCTR for one night and will be arranged to leave on the next day when their test results are available. If their test results are negative, they will be allowed to leave the hotel and go home or to a designated place immediately to continue completion of the 14-day compulsory quarantine. Confirmed cases and their close contacts will respectively be arranged for admission to hospital and sent to designated quarantine centres direct.</p> <p>If the day's number of inbound travellers is expected to exceed the capacity of the two aforementioned centres, the Department of Health will adopt a triage measure based on risk assessment. Passengers arriving from areas with lower risk will proceed to the designated place for the 14-day compulsory quarantine after collecting their deep throat saliva samples at the TSCC. If their test result is positive, the Department of Health will arrange to send them to a hospital for treatment as soon as possible and arrange to send their close contacts to a quarantine centre.</p>
<p>Iceland⁽²⁰⁾ 12 October 2020</p>	<p>Full quarantine duration is 14 days. There are small but important differences in the rules for travel related quarantine compared to quarantine due to known contact with a person with COVID-19. Quarantine related to travel from risk area can be shortened by undergoing PCR testing for diagnosis of COVID-19 on arrival and again on day 5 of quarantine. Day 1 is then the day after the first test. If a 14-day quarantine is chosen upon arrival that quarantine cannot be shortened</p>

	<p>later by taking a test. If the duration of the visit is less than 5 days quarantine applies for the entire time but the individual can leave the country even if the second test is not done yet. A positive test leading to a diagnosis of active COVID-19 infection will lead to isolation of the affected party and quarantine of contacts.</p>
<p>Ireland⁽⁵¹⁾ 16 September 2020</p>	<p>The Irish Authorities advise anyone coming into Ireland, apart from Northern Ireland and individuals arriving in Ireland from locations with a security rating of 'normal precautions' ("green"), to restrict their movements (quarantine) for 14 days, and this includes citizens and residents returning to Ireland.</p>
<p>Italy⁽⁵²⁾ 15 October 2020</p>	<p>San Marino and Vatican City – no restrictions.</p> <p>EU countries (except Romania, and with specific provisions for Belgium, France, the Netherlands, the Czech Republic, Spain), Schengen, the United Kingdom of Great Britain and Northern Ireland (with specific provisions below), Andorra, Principality of Monaco – travelling to or from EU countries without the need for a specific motivation, therefore also for tourism purposes, is allowed, without the obligation of isolation upon return to Italy. The obligation to fill in a self-declaration remains.</p> <p>Belgium, France, the United Kingdom, the Netherlands, the Czech Republic, Spain – those who enter or return to Italy from these countries (after a stay or even only transit in the 14 days prior to entering Italy), in addition to completing a self-declaration, must also present a statement that they have undergone a molecular or antigen test carried out by means of a swab and a negative result within 72 hours before entering the national territory; or alternatively undergo a molecular or antigen test, to be swabbed upon arrival at the airport, port, or border location (where possible) or within 48 hours of entering the national territory at the reference local health unit. Persons who have stayed or transited in these 4 countries shall also communicate their entry into the Italian territory to the Prevention Department of the competent Health Authority. Romania – movements from/to Romania is allowed for any reason. Upon return to Italy there is an obligation of fiduciary isolation and health surveillance. It is necessary to fill in a self-declaration stating that it is possible to reach the final destination in Italy only by private means (airport transit is allowed, without leaving the dedicated areas of the terminal).</p> <p>Australia, Canada, Georgia, Japan, New Zealand, Rwanda, Rwanda, Republic of Korea, Thailand, Tunisia, Uruguay – movements from/to these countries are allowed without a specific motivation, therefore, also for tourism. There is an obligation of fiduciary isolation and health surveillance. It is necessary to fill in a self-declaration stating that it is possible to reach the final destination in Italy only by private means (airport transit is allowed, without leaving the dedicated areas of the terminal).</p> <p>Travel to or from the rest of the world is allowed only for precise reasons, such as work, health or study reasons, absolute urgency, return to home, home, or residence. Therefore, travel for tourism is not allowed. The return to Italy from this group of countries is always permitted to Italian/EU/Schengen citizens and their family members, as well as holders of residence permits and their family members. There is an obligation of fiduciary isolation and health</p>

	<p>surveillance. It is necessary to fill in a self-declaration stating that it is possible to reach the final destination in Italy only by private means (airport transit is allowed, without leaving the dedicated areas of the terminal).</p> <p>Armenia, Bahrain, Bangladesh, Bosnia and Herzegovina, Brazil, Chile, Kuwait, North Macedonia, Moldova, Oman, Panama, Peru, Dominican Republic - From these countries a ban on entry into Italy is still in force, with the exception of EU citizens (including Italian citizens) and their family members who have been resident in Italy since before 9 July 2020. Movements from Italy to these countries are allowed only in the presence of precise reasons: work, health or study reasons, absolute urgency, return to your home, dwelling or place of residence. When returning to Italy from these countries, it is necessary to undergo fiduciary isolation and health surveillance and fill in a self-declaration in which it is compulsory to indicate the reason for the return (possession of EU/Schengen citizenship or condition of a family member of EU citizen and residence in Italy). It must be possible to reach the final destination in Italy only by private means (airport transit is allowed, without leaving the dedicated areas of the airport).</p> <p>Kosovo, Montenegro - A ban on entry from these countries is still in force, except for EU citizens (including Italian citizens) and their family members who have been resident in Italy since before 16 July 2020. Also excluded from the entry ban are crews, onboard personnel, diplomatic and military officers and agents in the exercise of their functions. Movements from Italy to these countries are allowed only in the presence of specific reasons: work, health or study reasons, absolute urgency, return to home, residence, or residence. Therefore, travel for tourism is not allowed. When returning to Italy from these countries, it is necessary to undergo fiduciary isolation and health surveillance, to fill in a self-declaration in which it is compulsory to indicate the reason for the return (possession of EU/Schengen citizenship or condition of a family member of EU citizen and residence in Italy). It must be possible to reach the final destination in Italy only by private means (airport transit is allowed, without leaving the dedicated areas of the airport).</p> <p>Colombia - An entry ban is in force from this country except for EU citizens (including Italian citizens) and their family members who have been resident in Italy before 13 August 2020. The same restrictions apply as for the countries of the previous bullet point.</p>
<p>New Zealand⁽⁵³⁾ 7 October 2020</p>	<p>People entering New Zealand must stay in managed isolation or quarantine for at least 14 days and complete a health assessment and return a negative COVID-19 test before they can go into the community. In some circumstances a COVID-19 test may not be considered appropriate and a health assessment will be completed instead.</p> <p>Only New Zealand residents and citizens (and their children and partners) are permitted to enter New Zealand. This includes the Realm countries (the Cook Islands, Niue, Tokelau), Australian citizens and permanent residents ordinarily resident in New Zealand.</p>

	<p>People from any other countries can't enter New Zealand at this time, unless they have specific grounds for exemption, such as being essential workers or for medical reasons. These people will need to apply to Immigration New Zealand for an exemption to the border closure.</p> <p>Every person who arrives in New Zealand must be isolated from other people in New Zealand for a minimum period of 14 days (336 hours). This measure is key to preventing the transmission of COVID-19 into our communities.</p> <p>From 5 October 2020, travellers to New Zealand will need to register on the Managed Isolation Allocation System as the first step to securing their place in managed isolation. This should be done before they book their flight. For more information see Secure your place in managed isolation.</p> <p>When they arrive, returnees will be taken to either a managed isolation facility (if they have no symptoms), or to a quarantine facility (if they have symptoms).</p> <p>Before leaving the facility, a final health check will be carried out confirming the person:</p> <ul style="list-style-type: none"> ▪ has not tested positive for COVID-19 or is not a probable case. ▪ does not have symptoms of COVID-19. ▪ has a temperature below 38 degrees Celsius.
<p>Northern Ireland⁽⁵⁴⁾</p> <p>Publication date unknown</p>	<p>The regulations mean that you must self-isolate for 14 days if you return to Northern Ireland from a country outside the Common Travel Area (CTA) unless you are travelling from, or transiting through, a low to medium risk country that is exempt.</p> <p>The CTA includes the following places, and only applies if you were there for 14 days or more:</p> <ul style="list-style-type: none"> ▪ England, Scotland and Wales. ▪ the Republic of Ireland. ▪ the Channel Islands. ▪ the Isle of Man. <p>If you have been in the CTA for the last 14 days before entering Northern Ireland you do not need to complete the form or self-isolate.</p>
<p>Norway⁽⁵⁵⁻⁵⁶⁾</p> <p>13 October 2020</p>	<p>To clarify the recommendation to avoid all non-essential travel abroad, the Government has decided that the countries and regions that were marked with green on the map should now be marked as yellow. Currently, no countries are classed as green. If you arrive in Norway from a:</p> <ul style="list-style-type: none"> ▪ "yellow area", you are exempt from quarantine. ▪ "red area", you must go into quarantine for 10 days. ▪ "striped area", you must go into quarantine for 10 days.

<p>Portugal⁽⁵⁷⁾ Publication date unknown</p>	<p>Upon arrival at international airports in mainland Portugal, infrared body temperature screening is carried out for all arriving passengers. In addition, in mainland Portugal, passengers on flights originating in countries considered to be at epidemiological risk must present, at the time of departure, proof of laboratory testing to check for SARS-CoV-2 infection with a negative result, carried out at 72 hours prior to the moment of departure.</p>
<p>Scotland⁽⁵⁸⁾ 1 October 2020</p>	<p>When you arrive at your final destination in Scotland, it is important that you stay in your accommodation for 14 days. It can take up to 14 days for you to develop coronavirus symptoms after you catch the virus and in this time you can pass it on to others.</p>
<p>Singapore⁽⁵⁹⁾ 13 October 2020</p>	<p>Residents (Singapore citizens, permanent residents)</p> <ul style="list-style-type: none"> ▪ Travellers who have spent the last 14 consecutive days in Australia (excluding Victoria state), Brunei Darussalam, New Zealand or Vietnam are allowed entry with a COVID-19 swab test upon arrival. ▪ Travellers who have spent the last 14 consecutive days in Hong Kong, Macao, Mainland China, Malaysia (excluding Sabah) or Taiwan are allowed entry and should observe a 7-day Stay-Home-Notice (SHN) at their own accommodation, and have a COVID-19 swab test during this time. ▪ Travellers who have spent the last 14 consecutive days in Indonesia or Philippines are allowed entry and should observe a 14-day SHN at a dedicated facility. ▪ Travellers who have spent the last 14 consecutive days in India are allowed entry and should observe a 14-day SHN at a dedicated facility and have serology testing during this time. Depending on the result of the serology test you may be asked to take a swab test before the SHN is over. ▪ Travellers who have spent the last 14 consecutive days in all other countries, including Victoria state (Australia) and Sabah (Malaysia) are allowed entry and should observe a 14-day SHN at a dedicated facility and have serology testing during this time. <p>Long-term pass holders</p> <ul style="list-style-type: none"> ▪ Travellers who have spent the last 14 consecutive days in Australia (excluding Victoria state), Brunei Darussalam, New Zealand or Vietnam are allowed entry with a COVID-19 swab test upon arrival. ▪ Travellers who have spent the last 14 consecutive days in Hong Kong, Macao, Mainland China, Malaysia (excluding Sabah) or Taiwan are allowed entry and should observe a 7-day SHN at their own accommodation, and have a COVID-19 swab test during this time. ▪ Travellers who have spent the last 14 consecutive days in Indonesia or Philippines are allowed entry provided they have had a negative COVID-19 swab test taken 72 hours before departure. They should observe a 14-day SHN at a dedicated facility. ▪ Travellers who have spent the last 14 consecutive days in India are allowed entry provided they have had a negative COVID-19 swab test taken 72 hours before departure. They should observe a 14-day SHN at a dedicated facility and have serology testing during this time. Depending on the result of the serology test you may be asked to take a swab test before the SHN is over.

	<ul style="list-style-type: none"> ▪ Travellers who have spent the last 14 consecutive days in all other countries, including Victoria state (Australia) and Sabah (Malaysia) are allowed entry and should observe a 14-day SHN at a dedicated facility and have a COVID-19 swab test during this time. <p>Short-term visitors</p> <ul style="list-style-type: none"> ▪ Travellers who have spent the last 14 consecutive days in Australia (excluding Victoria state), Brunei Darussalam, New Zealand or Vietnam are allowed entry with Air Travel Pass and a COVID-19 swab test upon arrival. ▪ Travellers who have spent the last 14 consecutive days in Hong Kong, Macao, Mainland China, Malaysia (excluding Sabah) or Taiwan are not allowed entry unless they have a valid letter of approval for entry. They should observe a 7-day SHN at their own accommodation, and have a COVID-19 swab during this time. ▪ Travellers who have spent the last 14 consecutive days in Indonesia or Philippines are not allowed entry unless they have a valid letter of approval for entry. They must have had a negative COVID-19 swab test taken 72 hours before departure. They should observe a 14-day SHN at a dedicated facility. ▪ Travellers who have spent the last 14 consecutive days in India are not allowed entry unless they have a valid letter of approval for entry. They must have had a negative COVID-19 swab test taken 72 hours before departure. They should observe a 14-day SHN at a dedicated facility and have serology testing during this time. Depending on the result of the serology test you may be asked to take a swab test before the SHN is over. ▪ Travellers who have spent the last 14 consecutive days in all other countries, including Victoria state (Australia) and Sabah (Malaysia) are not allowed entry unless they have a valid letter of approval for entry. They should observe a 14-day SHN at a dedicated facility and have a COVID-19 swab test during this time.
<p>Sweden⁽⁶⁰⁾ 6 October 2020</p>	<p>The Ministry of Foreign Affairs advises against travel and have banned all non-essential travel to Sweden from outside the EU. There is no quarantine obligation for travellers to Sweden.</p>
<p>Switzerland⁽⁶¹⁾ 12 October 2020</p>	<p>Anyone entering Switzerland from a country or area with an increased risk of infection has been legally mandated to go into quarantine for 10 days. A negative test result does not exempt you from the mandatory quarantine requirement.</p>
<p>The Netherlands⁽⁶²⁾ Publication date unknown</p>	<p>Travellers arriving in the Netherlands from certain countries and regions should self-quarantine for 10 days. Even if you do not have any symptoms or if you have tested negative for COVID-19. Once in the Netherlands, you can self-quarantine at home or in temporary or holiday accommodation.</p>
<p>Wales⁽⁶³⁾ 21 September 2020</p>	<p>You will not need to isolate for 14 days if you are arriving in Wales from within the Common Travel Area, which includes the UK, the Republic of Ireland, the Channel Islands and the Isle of Man.</p> <p>If a country or territory from which you depart or which you travel through is not on the list of exempt countries, then that country is a non-exempt country. If, at the time you arrive in Wales you have been in a non-exempt country in the last 14 days then you will need to isolate for the remainder of the 14 day period, although you will be able discount any time immediately before that spent elsewhere in the Common Travel Area or in a place on the exempted countries list.</p>

	<p>There are a number of other categories of person which are exempted from the 14-day isolation requirement.</p> <p>See https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html</p>
<p>CDC</p>	<p>Travel during the COVID-19 Pandemic (8 September 2020)⁽⁶⁴⁾</p> <p>You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including children) may spread COVID-19 to other people including your family, friends, and community for 14 days after you were exposed to the virus. Don't travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Don't travel with someone who is sick.</p> <p>After You Travel (15 August 2020)⁽⁶⁵⁾</p> <p>You and your travel companions (including children) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus.</p> <p>They recommend:</p> <ul style="list-style-type: none"> ▪ When around others, stay at least 6 feet (about 2 arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors. ▪ Wear a mask to keep your nose and mouth covered when you are outside of your home. ▪ Wash your hands often or use hand sanitizer. ▪ Watch your health and look for symptoms of COVID-19. Take your temperature if you feel sick. <p>For higher risk activities (for example, travelling from countries that are experiencing high levels of COVID-19, including destinations with a Level 3 Travel Health Notice or going to large social gatherings) extra precautions (in addition the ones listed above) to protect others for 14 days after you arrive:</p> <ul style="list-style-type: none"> ▪ Stay home as much as possible. ▪ Avoid being around people at increased risk for severe illness from COVID-19. ▪ Consider getting tested for COVID-19.
<p>ECDC</p> <p>12 June 2020</p>	<p>Considerations relating to passenger locator data, entry and exit screening and health declarations in the context of COVID-19 in the EU/EEA and the UK (12 June 2020)⁽⁶⁶⁾</p> <p>In addition to testing for COVID-19, a secondary assessment of a passenger based on their health declaration form can be used as a more selective means for instituting a 14-day quarantine period after entering the country, rather than advising this for all incoming passengers.</p>
<p>European Commission</p> <p>13 October 2020</p>	<p>Transport Measures (13 October 2020)⁽⁶⁷⁾</p> <p>Finland:</p>

	<p>Starting on 15 June, self-isolation is recommended for all those arriving in Finland who come from countries that are still subject to internal or external border control. Such countries include Sweden, Germany and Russia. Self-isolation is not required if the person arrives from Estonia, Latvia, Lithuania, Norway, Denmark or Iceland.</p> <p>Ireland: All non-essential overseas travel to and from Ireland should be avoided. Passengers arriving from overseas are expected to self-isolate for 14 days. This includes Irish residents. Passengers must complete a Covid-19 Passenger Locator Form showing where they will self-isolate. This form should be completed in full and handed to the border management staff on arrival in Ireland. Exemptions are in place for providers of essential supply chain services such as hauliers, pilots, and maritime staff.</p> <p>Lithuania: Persons who have returned or arrived from foreign countries shall fall subject to 14 days' isolation. This requirement shall not apply in the case of:</p> <ul style="list-style-type: none"> ▪ Citizens of the countries of the European Economic Area, the Swiss Confederation and of the United Kingdom of Great Britain and Northern Ireland, and persons lawfully residing in these countries, who arrive from the countries referred to in Entry into the Republic of Lithuania, the list of which is approved by the State Commander of National Emergency Operations following the criteria agreed between the Republic of Lithuania, the Republic of Latvia and the Republic of Estonia, and which is made public every Monday. ▪ Citizens of the Republic of Lithuania and persons lawfully residing in the Republic of Lithuania, who return or arrive from the Republic of Estonia, the Republic of Latvia and from the Republic of Poland, where they travelled only within the territory of the Republic of Estonia, the Republic of Latvia and the Republic of Poland. ▪ Citizens of the Republic of Estonia and the Republic of Latvia and persons lawfully residing in these countries, who return or arrive from the Republic of Estonia or the Republic of Latvia, where they travelled only within the territory of the Republic of Estonia, the Republic of Latvia and the Republic of Lithuania. ▪ Citizens of the Republic of Poland and persons lawfully residing in this country, who return or arrive for the purpose of work, business or studies, provided that for the past 14 days before the entry to the Republic of Lithuania, they did not travel in any other country, except the Republic of Lithuania or the Republic of Poland. ▪ Persons enjoying immunities and privileges under the Vienna Convention on Diplomatic Relations (1961), the Vienna Convention on Consular Relations (1963) and under other international agreements and legislation of the Republic of Lithuania, their family members and their service personnel, also members of official delegations and the personnel of the institutions of the diplomatic service of the Republic of Lithuania. ▪ Persons serving in the military units of NATO and of NATO countries and their service personnel, also their family members. ▪ Persons working in state and municipal institutions, establishments, state and municipal enterprises who have returned from business trips abroad.
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	<ul style="list-style-type: none"> ▪ Health professionals arriving into the Republic of Lithuania for the provision of transplant services. ▪ High-performance athletes coming to the Republic of Lithuania at the permission of the Minister for Education, Science and Sports of the Republic of Lithuania for the preparation and participation in high-performance athletic competitions, and their service personnel. ▪ Journalists coming to the Republic of Lithuania at the permission of the Minister for Foreign Affairs of the Republic of Lithuania. ▪ Artists coming to the Republic of Lithuania at the permission of the Minister for Culture of the Republic of Lithuania for the participation in professional artistic events, and their service personnel. ▪ Special couriers working on transit trains using facilitated transit of persons from the territory of the Russian Federation to Kaliningrad region of the Russia Federation and backwards. ▪ Persons transiting through the territory of the Republic of Lithuania. <p>The crew members, who are employed in Lithuanian companies engaged in international commercial transportation, or who carry out international commercial transportation by all the means of transport, shall fall subject to isolation from the day of arrival in the Republic of Lithuania until the day of departure from its territory, but no longer than 14 days, except when they return from the country(s) where the incidence of COVID-19 (coronavirus infection) has not exceeded 25 cases/100 000 population in the last 14 calendar days.</p> <p>Malta: Depending on the epidemiological situation, travellers from certain countries may be subject to quarantine and or special permits. Malta maintains a list of countries exempted (consult https://www.visitmalta.com/en/covid-19 for further details).</p> <ul style="list-style-type: none"> ▪ Travellers coming to Malta from the 'Green List' of safe countries will not be subjected to a swab test on arrival. There will only be thermal screening at the airport and persons arriving will be asked to fill a self-declaration form requesting information on their travels in the previous 30 days. Specifically, they will be asked to confirm that they have not travelled anywhere outside the safe countries listed. ▪ Passengers arriving from countries on the 'Amber List' are required to submit a negative COVID-19 PCR test certificate before boarding flights to Malta. The swab test should be carried out within the previous 72 hours. For increased security, random swab tests may be conducted on passengers upon arrival at the Malta International Airport. ▪ All countries not included on the Green List or Amber List are automatically included on the 'Red List'. Passengers arriving from these countries must have spent at least the previous 14 days in one of the safe corridor countries before reaching Malta. It is also recommended that these passengers undertake a PCR test within 72 hours prior to arrival. <p>Romania:</p>
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	<p>Self-quarantine is imposed on all travellers who are not coming from a country classified as "green". The list of "green" countries is updated weekly, every Monday. Further information: http://www.cnsct.ro/index.php/liste-zone-afectate-covid-19</p> <p><u>Slovakia</u></p> <p>Entry restrictions as well as a conditional quarantine. All persons who enter the territory of the Slovak Republic from 1 October 2020, 7.00 a.m., and who during the previous 14 days, visited only EU member states, are ordered to either at home isolation until they receive a negative RT-PCR test for COVID-19. Asymptomatic individuals may leave home isolation after completing day 10, even if they have not received the RT-PCR test for COVID-19 yet. Alternatively, upon entering the territory of the Slovak Republic, these persons must present a negative RT-PCR test result for COVID-19 done (within the previous 72 hours) in the laboratories outside of the territory of the Slovak Republic.</p> <p>All persons who enter the territory of the Slovak Republic from 1 October 2020, 7.00 a.m., and who during the previous 14 days, visited a country which is not a member state of the EU, are ordered to complete a home isolation until they receive a negative RT-PCR test for COVID-19.</p> <p><u>Travel and transportation during the coronavirus pandemic (13 October 2020)</u>⁽⁶⁸⁾</p> <p>On 13 October, EU Member States adopted a Council Recommendation on a coordinated approach to the restriction of free movement in response to the COVID-19 pandemic. This Recommendation is based on the Commission's proposal adopted on 4 September. On the basis of the common map, Member States will decide whether they introduce certain restrictions, such as quarantine or tests, on travellers coming from other areas. Member States have agreed that there will be no restrictions, such as quarantine or testing, on travellers coming from 'green' regions. Member States that consider it necessary to introduce restrictions to free movement, based on their own decision-making processes, could require persons travelling from an area classified other than 'green' to undergo quarantine and or undergo a test for COVID-19 infection after arrival. It is up to Member States to decide what measures to apply on people travelling from risk areas to their territories. This means that some Member States will not apply any restrictions on travel within the EU, while others might decide to apply certain measures, such as quarantine or testing, to travellers coming from 'orange', 'red' or 'grey' areas. Information on which Member States apply which measures will be available at https://reopen.europa.eu/en Member States can also require people entering their territory to submit passenger locator forms, in accordance with data protection requirements. Measures must not be discriminatory, meaning that they will also apply to returning nationals of the Member State concerned. Travellers with an essential function or need will not be required to undergo quarantine.</p>
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