Planning Guidance on Action for Troops Deploying to and Returning from Overseas Missions (effective immediately).

Current HSE guidelines categorise two (2) measures:

1. Restricted Movements
2. Self-Isolation

**Personnel Returning from Mission Areas:**

Current DMB, HSE and DFAT policy requires personnel to restrict movements for 14 days after their arrival back in Ireland. **This means:**

a. Avoiding contact with other people and social situations as much as possible by staying at home or in your hotel. (It is sometimes referred to as self-quarantine.)

b. You can still go outside for walks, runs or cycles on your own. But you should not spend time in close contact with other people.

**Do NOT:**

c. Go to school, college or work, use public transport, attend meetings, social gatherings, group events or crowded places.

d. Have visitors at your home.

e. Go shopping - where possible, order your shopping online or have some family or friends drop them off.

f. Come into contact with older people, anyone with long-term medical conditions, or pregnant women.

If you develop symptoms of coronavirus you must self-isolate immediately. This means:

a. Staying indoors and avoiding contact with other people.

b. After you self-isolate ring your MAP or HSE for further advice.

**Personnel Deploying to Mission Areas:**

Current policy requires Contingents (UNIFIL, UNDOF, KFOR, EUTM–Mali, MINUSMA) and Small Missions to:

a. Restricted movements (see para above) - for 14 days prior to deployment.

b. MO screening and certification 48 Hrs prior to departure.