

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.

