What is self-isolation?

- Self-isolation is when you stay at home because you have or might have coronavirus (COVID-19).

- This helps stop the virus spreading to other people.

When to self-isolate?

If you think you have coronavirus

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)

- you're waiting for a coronavirus test result

- you've tested positive for coronavirus – this means you have coronavirus

If you are a close contact of a person with coronavirus

- you live with someone who has symptoms, is waiting for a test result or has tested positive

- NHS Test and Trace has told you that you are a close contact of someone who has tested positive for coronavirus.

- **you are in a "bubble" with someone who has tested positive for coronavirus in a school, college or EY setting.**

Isolate for 10 days

from the start of your own symptoms – that's how long you are infectious. After 10 days if you still have symptoms other than cough or loss of sense of smell/taste, you must continue to self-isolate until you feel better.

Isolate for 14 days

from the day you were last in contact with the person OR if you live with the person, from the start of their symptoms – it can take up to 14 days for symptoms to appear