

# COVID-19 SELF-ISOLATION EXPLAINER

10 DAY SELF-ISOLATION	DAY	ENDING SELF-ISOLATION EARLY USING LFD TESTS		
Tests positive for COVID*	0	Tests positive for COVID*		
Self-isolate	1-5	Self-isolate		
Self-isolate	6	Self-isolate ↓ Take an LFD test ↓                      ↓ LFD test is <b>negative</b> LFD test is <b>positive</b> ↓                                      ↓ Continue to self-isolate      Continue to self-isolate		
Self-isolate	7	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;">               Self-isolate                ↓                Take an LFD test 24                hours after the last one                ↓                LFD test is <b>negative</b>                ↓  <b>Self-isolation ends                after this negative test**</b> </td> <td style="text-align: center; width: 50%;">               Self-isolate                ↓                Take an LFD test 24                hours after the last one                ↓                LFD test is <b>positive</b>                ↓                Continue to                self-isolate             </td> </tr> </table>	Self-isolate ↓ Take an LFD test 24 hours after the last one ↓ LFD test is <b>negative</b> ↓ <b>Self-isolation ends                after this negative test**</b>	Self-isolate ↓ Take an LFD test 24 hours after the last one ↓ LFD test is <b>positive</b> ↓ Continue to self-isolate
Self-isolate ↓ Take an LFD test 24 hours after the last one ↓ LFD test is <b>negative</b> ↓ <b>Self-isolation ends                after this negative test**</b>	Self-isolate ↓ Take an LFD test 24 hours after the last one ↓ LFD test is <b>positive</b> ↓ Continue to self-isolate			
Self-isolate	8	Self-isolate ↓ Take an LFD test 24 hours after the last one ↓ LFD test is <b>negative</b> ↓ <b>Self-isolation ends            after this negative test**</b>		
Self-isolate	9 10			
<b>End self-isolation at 23.59</b>				

\*Day your symptoms started or your test was taken if you do not have symptoms

\*\*You can stop self-isolating if you do not have a high temperature

From 11<sup>th</sup> January those who test positive using an LFT but are asymptomatic do not have to do a follow-up PCR test.

This means their isolation period can start immediately - and they can be out of isolation after seven days if they test negative by LFT on days six and seven.

**People who have symptoms still have to do a PCR test** - but they can begin their isolation period on the day their symptoms started.