A GUIDE TO WHEN YOU MUST ISOLATE

It's very important that you stay at home if you have symptoms that may be caused by COVID-19. You should also stay at home if someone you live with has symptoms. The symptoms of COVID-19 are recent onset of any of the following:

- **a new continuous cough**
- **a high temperature**
- **a loss of, or change in, your normal sense of taste or smell**

Situation	Examples	ACTIONS	
		YOU	**YOUR HOUSEHOLD**
You think you <u>may</u> have coronavirus	You have any symptoms	You take a test You start isolating for 10 days, or until a test comes back negative After 10 days if you still have a temperature, you must continue to self-isolate	Your family starts isolating for 14 days, or until your test comes back negative
	You are waiting for a coronavirus test result		
You <u>have</u> coronavirus	You have tested positive	You share your contacts with Track & Trace You complete your 10 day isolation After 10 days if you still have a temperature, you must continue to self-isolate (cough and anosmia may continue for a long time after you are no longer infectious)	Your family completes their 14 day isolation
A member of your household <u>may</u> have coronavirus	You live with someone who has symptoms	You isolate for 14 days, or until the person you live with tests negative Count from the first day of their symptoms	The symptomatic family member starts isolating for 10 days (or until a test comes back negative) All other family members start isolating for 14 days (or until the symptomatic family member's test comes back negative)
A member of your household <u>has</u> coronavirus	You live with someone who has tested positive	You isolate for 14 days – *even if you take a test which is negative* Count from the first day of their symptoms	The symptomatic family member isolates for 10 days The other family members isolate for 14 days – *even if they test negative*
You are a 'close contact' of a person who has coronavirus	NHS Test and Trace has told you that you are a close contact of someone who has tested positive for coronavirus	You isolate for 14 days from the date you are contacted If you develop symptoms, book a test • if that proves negative you must still continue to self isolate until the 14 days are up • If test proves positive, start new 10 day isolation	Other members of your family do not need to self isolate (unless you or they develop symptoms)

If you test positive for COVID-19, you must engage with NHS Test and Trace

www.nhs.co.uk/coronavirus

or call 119