



Self-isolation guidance

Confirmed case

(received a positive test result)

AFFECTED PERSON	SELF-ISOLATION GUIDANCE
INDIVIDUAL (the confirmed case)	Must self-isolate for 10 days from the onset of symptoms and until the individual's high temperature has fallen within normal range.
INDIVIDUAL'S HOUSEHOLD (the people who live with the confirmed case)	Must self-isolate for 14 days from the onset of the confirmed case's symptoms or from the positive test result (if the individual is asymptomatic). If any member of the household develops symptoms at any point during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.
CONTACTS (the people who have... <ul style="list-style-type: none">• been within 2 metres for more than 15 minutes; or• had face-to-face contact within 1 metre for any length of time; or• been within 1 metre for more than 1 minute• Shared a small vehicle ...with the confirmed case anytime from 2 days (48 hours) before the onset of symptoms))	Must self-isolate for 14 days from the last contact with the confirmed case . If they develop symptoms during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.
CONTACTS' HOUSEHOLDS (the people who live with a person who has been identified as being in contact with a confirmed case)	Do not need to self-isolate unless the Contact develops symptoms.

Sources: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK](#), [When to self-isolate and what to do - NHS.UK](#). Correct as of 14 September 2020.

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Self-isolation guidance

Symptomatic individual

(displaying symptoms and awaiting the test result)

AFFECTED PERSON	SELF-ISOLATION GUIDANCE
INDIVIDUAL (the symptomatic individual)	Must self-isolate until the test result is received <ul style="list-style-type: none">• If positive, must self-isolate for 10 days from the onset of symptoms and until the individual's high temperature has fallen within normal range• If negative, the individual may end their self-isolation
INDIVIDUAL'S HOUSEHOLD (the people who live with the symptomatic individual)	Must self-isolate until the test result is received <ul style="list-style-type: none">• If positive, continue to self-isolate for a total period of 14 days• If negative, the household may end their self-isolation <p>If the symptomatic individual does not get tested, the individual's household must self-isolate for 14 days (this is because the individual could have COVID-19).</p>
CONTACTS (the people who have... <ul style="list-style-type: none">• been within 2 metres for more than 15 minutes; or• had face-to-face contact within 1 metre for any length of time; or• been within 1 metre for more than 1 minute ...with the symptomatic individual anytime from 2 days (48 hours) before the onset of symptoms)	Do not need to self-isolate unless they develop symptoms or the symptomatic individual tests positive.
CONTACTS' HOUSEHOLDS (the people who live with a person who had been identified as being in contact with a symptomatic individual)	Do not need to self-isolate unless the Contact develops symptoms.

Sources: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK](#), [When to self-isolate and what to do - NHS.UK](#). Correct as of 14 September 2020.

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