

# Self-isolation guidance Confirmed Case (received a positive test)

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

Source: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#) Updated 28 September 2020; [When to self-isolate and what to do – NHS](#)



# Self-isolation guidance Symptomatic individual (displaying symptoms and awaiting the test result)

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

Source: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#) Updated 28 September 2020; [When to self-isolate and what to do – NHS](#)

