



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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