

# Self-Isolation Summary (20 January 2022)

Scenario	Isolation requirement
<b>I've developed one of the main COVID-19 symptoms</b>	<p>You should self-isolate immediately and arrange to have a PCR test as soon as possible.</p> <p>If your PCR test is <b>negative</b>, you can stop isolating unless you have been advised by NHS Test and Trace that you are legally required to self-isolate. If your PCR test is <b>positive</b>, follow the guidance below for someone testing positive.</p> <p>You do not need to take a PCR test if you have already taken an LFD test and the result was positive. However, if the LFD test is negative, you should still arrange a PCR test.</p>
<b>I've tested positive for COVID-19 using a LFD or PCR test</b>	<p>You should self-isolate immediately. If you have symptoms, the isolation period starts immediately from when your symptoms started. If you do not have symptoms, the isolation period starts from the date of when your test was taken.</p> <p>Your isolation period includes the day your symptoms started (or the day of your test if you do not have symptoms) and the next 10 full days e.g. if your symptoms started on 15<sup>th</sup> of the month, your isolation period ends at 23.59 on 25<sup>th</sup> of the month.</p> <p>You can stop self-isolating after 5 full days if you do an LFD test on days 5 and 6 of your self-isolation and:</p> <ul style="list-style-type: none"><li>• Both tests are negative</li><li>• You did both tests at least 24 hours apart</li><li>• You do not have a high temperature</li></ul> <p>If you tested positive test but <b>did not</b> have any symptoms, you do not need to start a new isolation period if you subsequently develop symptoms.</p>
<b>I am a close contact of someone with COVID-19 and am VACCINATED</b>	<p>You are not legally required to self-isolate, however, you are strongly advised to:</p> <ul style="list-style-type: none"><li>• Take an LFD test every day for 7 days (or until the household member who has COVID-19 reaches the end of their self-isolation period, if this is earlier)</li><li>• Take this daily LFD test before you leave your home for the first time that day</li></ul> <p>If the LFD test result is <b>negative</b>, you can stop self-isolating but should continue to take daily LFD tests. If the LFD test result is <b>positive</b>, you should immediately self-isolate for 10 full days from the date of the test and follow the guidance for testing positive above.</p> <p>If you develop any of the main symptoms, you should self-isolate immediately and arrange to have a PCR test.</p>

**I am a close contact  
of someone with  
COVID-19 and am  
NOT VACCINATED**

Anyone over 18 years is legally required to self-isolate unless you are vaccinated, have taken part in or are currently part of an approved COVID-19 vaccine trial or are not able to get vaccinated for medical reasons. If you meet any of these criteria, you can follow the guidance for someone who is vaccinated.

You are advised to take a single PCR test as soon as possible while you are self-isolating, as you are at a higher risk of being infected. If your PCR test result is **negative**, you must continue to isolate as you could become infectious at a later time. If you test **positive**, you must start a full 10 day isolation period from the date of your test.

If you have previously received a positive COVID-19 PCR test within the last 90 days and are identified as a contact of someone with COVID-19, you should not take a PCR test unless you develop any of the main symptoms of COVID-19.

If you develop any of the main symptoms during your isolation period, you should arrange to have a PCR test. If you test positive, you must start a new isolation period and follow the guidance for individuals who test positive.

*\*Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.*