



[NHS self isolation guidance LINK HERE](#)

SELF ISOLATE UNTIL COVID-19 RESULT

If no result in >72hrs call Coronavirus Testing Centre (7am-11pm)
119 (England, Wales, N Ireland)
0300 303 2713 (Scotland)
[Test & Trace LINK HERE](#)

COVID POSITIVE

COVID NEGATIVE

COVID UNCLEAR/VOID/BORDERLINE

1. YOU should self-isolate for **10 days**
 - from when symptoms started
 - from date of test if no symptoms
2. EVERYONE in HOUSEHOLD & BUBBLE to isolate for **14 days** from when you started isolating REGARDLESS of their Covid result

STOP isolation if:
EVERYONE in household/bubble WITH symptoms tests NEGATIVE

- CONTINUE isolation if:**
1. Someone in household / bubble tests POSITIVE
(**14 days** from start of symptoms OR date of test if NO symptoms)
 2. You've been told to self isolate for **14 days** by NHS Test & Trace
(household/support bubble do NOT need to isolate IF you do NOT have symptoms)

- IF NO SYMPTOMS**
1. Arrange another Covid test ASAP
 2. NO need to self isolate whilst awaiting result
 3. NO need for household/bubble to isolate
- *continue isolation if household/bubble tests POSITIVE OR you've been told to self isolate by NHS Test & Trace*

- IF SYMPTOMS**
1. Arrange another Covid test ASAP (within 5 days of symptoms starting)
 2. If test > **5 days** of symptoms starting:
 - Continue to self isolate **10 days** from onset of symptoms
 - Household/bubble to isolate for **14 days**

AFTER 10 DAYS

STOP isolation if:

- NO symptoms
- OR only cough
- OR change of smell/taste

- CONTINUE isolation if:**
- you remain unwell
 - continued fever
 - runny nose/sneezing
 - nausea/vomit/ diarrhoea (wait 48hrs after stopped)

[Gov.UK LINK HERE](#)