

How long to self-isolate?

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least 10 days. You'll usually need to self-isolate for 14 days if:

- Someone you live with has symptoms or tested positive
- Someone in your support bubble has symptoms or tested positive
- You've been told by NHS Test and Trace that you've been in contact with someone who has coronavirus

NHS Test and Trace: if you've been in contact with a person who has coronavirus

Follow this advice if you're told by the NHS Test and Trace service that you've been in contact with a person who has coronavirus (COVID-19).

Stay at home for 14 days

If you're told you've been in contact with a person who has coronavirus:

- Stay at home (self-isolate) for 14 days from the day you were last in contact with the person - it can take up to 14 days for symptoms to appear
- Do not leave your home for any reason - if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- Do not have visitors in your home, including friends and family - except for essential care
- Try to avoid contact with anyone you live with as much as possible
- People you live with do not need to self-isolate if you do not have symptoms
- People in your support bubble do not need to self-isolate if you do not have symptoms

If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste):

- Get a test to check if you have coronavirus as soon as possible
- Anyone you live with must self-isolate until you've been tested and received your result
- Anyone in your support bubble must self-isolate until you've been tested and received your result

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>