[Covid – How long to self-isolate](). January 2021

Who is this guidance for?
1) People who have received a positive test result of COVID-19
2) People living in households with someone who has received a positive test result for COVID-19
3) People with someone in their support bubble who has received a positive test result for COVID-19
4) People who have been told to self-isolate by NHS Track and Trace

1) If you have tested positive

How long you need to self-isolate
If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.
If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started.
When to stop self-isolating
You can stop self-isolating after the 10 days if either:
- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

When to keep self-isolating
Keep self-isolating if you have any of these symptoms after the 10 days:
- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

Only stop self-isolating when these symptoms have gone.
If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

2) If someone you live with has tested positive

How long you need to self-isolate
If someone you live with tests positive, your self-isolation period includes the day their symptoms started (or the day they had the test, if they do not have symptoms) and the next 10 full days.
When to stop self-isolating
You can stop self-isolating after the 10 days if you do not get any symptoms.
What to do if you get symptoms
[Get a test to check if you have coronavirus on GOV.UK](https://gov.uk) if you get symptoms while you're self-isolating.
If your test is negative, keep self-isolating for the rest of the 10 days.
If your test is positive, the 10 days restarts from the day after your symptoms started. This will mean you're self-isolating for more than 10 days overall.

3) If someone in your support bubble has tested positive

How long you need to self-isolate
Self-isolate immediately if someone in your support bubble has tested positive and either:
- you've been in close contact with them since their symptoms started or during the 48 hours before their symptoms started
- you've been in close contact with them since they had the test or during the 48 hours before their test (if they have not had symptoms)

Your self-isolation period includes the day you were last in contact with the person and the next 10 full days.
When to stop self-isolating
You can stop self-isolating after the 10 days if you do not get any symptoms.
What to do if you get symptoms
[Get a test to check if you have coronavirus on GOV.UK](#) if you get symptoms while you're self-isolating.
If your test is negative, keep self-isolating for the rest of the 10 days.
If your test is positive, the 10 days restarts from the day after your symptoms started. This will mean you're self-isolating for more than 10 days overall.

4) If you have been told to self-isolate by NHS Track and Trace

Self-isolate immediately if either:
- you get a text, email or call from NHS Test and Trace telling you to self-isolate
- you get an alert from the NHS COVID-19 app telling you to self-isolate

Your self-isolation period includes the day you were last in contact with the person who tested positive for coronavirus and the next 10 full days.
[Find out what to do if you've been told to self-isolate by NHS Test and Trace](#)