

COVID timeline for self-isolation document 14/01/2021

If you are well and have not been in contact with anyone who has symptoms or has tested positive you can move freely.

The main symptoms of COVID-19 are

- loss of sense of taste or smell,
- persistent cough,
- fever.

If you have a positive test result you must self-isolate for 10 days after the start of your symptoms (or your test date if you have no symptoms). The cough or a lack of taste or smell can last longer than this period and you can still return to work. **If your temperature is still high after 10 days** you cannot stop isolating until it has been normal for 24 hours, no matter how long this takes. Your body is still fighting the virus, that's why you have a temperature.

If you share a household with someone who tests positive you must self-isolate for 10 days from the start of their symptoms. If there are more than two in your household you may have to isolate for 10 days from the date of the last person to show symptoms, unless you've already tested positive earlier and are now clear. (See the chart below for multi-person households.)

If you are "tracked and traced", notified by either your workplace or the national system, you must isolate for the whole period that you are told to, this is now the law. You will be given a return to work date which is usually 10 days from the last contact that you had with a person known to be positive. That person will not be identified because we can never be 100% sure from who we caught it.

There is no point taking a test unless you have symptoms, because symptoms can show between 5 to 10 days after contact.

- You might be negative when tested after 5 days but develop symptoms later.

You must self-isolate for the whole period and should try to stay away from others in your household.

- They don't have to isolate unless you start to show symptoms, at which point you can get a test.

If you start to show symptoms after being tracked, get a test. Your household should also start isolating.

Once anyone in your household has taken a test you must all isolate for up to 10 days, until all results taken in the house prove negative and nobody is showing any symptoms. This is another reason for not taking a test without any symptoms. If you have been tracked you have to by law isolate for the full 10 days, no matter what the results.

Tracking is based from the date that symptoms start. A person can be contagious up to 48 hours before the start of symptoms, so anyone in prolonged contact within this period needs to self-isolate as above.

A 'contact' is a person who has been close to someone who has tested positive for COVID-19, anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

people who spend significant time in the same household as a person who has tested positive for COVID-19

- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
 - being coughed on
 - having a face-to-face conversation within one metre with or without a face covering

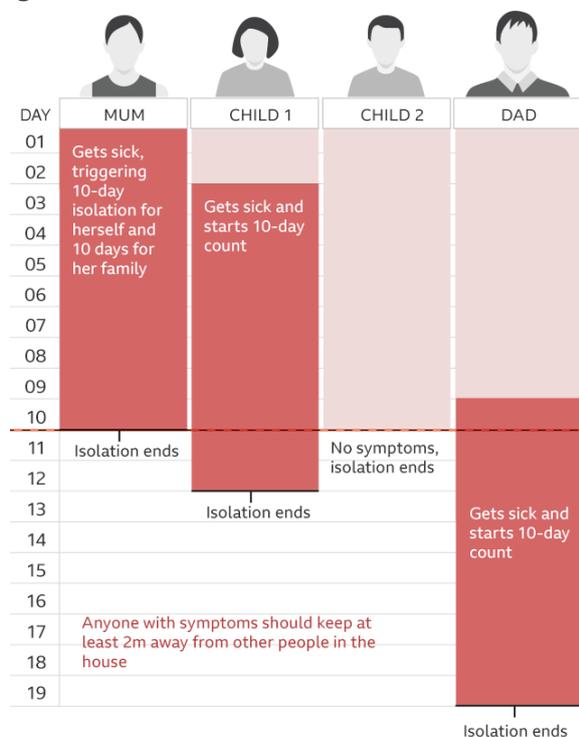
- having skin-to-skin physical contact, or
- contact within one metres for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

“Contacts of contacts” do not need to isolate unless they meet the points above, or the initial contact tests positive. The timescale of the meeting is most important, when related to the point that symptoms showed.

The chart below shows how a family of four needs to manage their isolation, and the same should be followed for a **multi-person household**.

It should be noted that “Child 2” should isolate if they show symptoms later on.

What happens if someone in your family gets sick?*



People may be able to pass on coronavirus without showing any symptoms
 *In force from 10 December in Wales and 14 December England, Scotland and Northern Ireland