

# When to self-isolate – a simple guide

**I have symptoms  
(fever, new, continuous  
cough, new loss of  
taste and/or smell)**

- Go home
- Book a test on 119 or at [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)
- Stay at home until you get your results

**I live with someone  
with symptoms**

- Stay at home until they get their test results
- DON'T book a test unless you develop symptoms

**My test is negative**

- Great! If you feel well, return to your daily business
- People you live with can do the same
- If you still are ill seek other medical help from your pharmacist or GP

**My test is positive**

- You need to isolate at home for 10 days from the date your symptoms started
- Don't leave home - you can find sources of help and advice at [www.nidirect.gov.uk/coronavirus](http://www.nidirect.gov.uk/coronavirus)
- The PHA Contact Tracing Service will be in touch
- Don't book another test - even if you do and test negative, you still must isolate for the full 10 days

**I live with  
someone whose  
test is positive**

- You need to isolate at home for 10 days as this is how long it can take the virus to incubate
- DON'T book a test unless you develop symptoms - even if you do and test negative, you still must isolate for the full 10 days
- You will get a text from the Contact Tracing Service telling you to isolate but don't wait for that if you know that you're a close contact

**I think I'm a close  
contact of someone  
whose test is  
positive**

- You will get a text or a call from the Contact Tracing Service telling you to isolate for 10 days
- DON'T book a test unless you develop symptoms - even if you do and test negative, you still must isolate for the full 10 days
- Don't leave home - you can find sources of help and advice at [www.nidirect.gov.uk/coronavirus](http://www.nidirect.gov.uk/coronavirus)

**I live with someone or  
have been in contact  
with someone who is  
isolating as they've been  
a contact of someone  
whose test is positive**

- You don't have to isolate
- Don't book a test unless you develop symptoms

**Test ✓ Trace ✓ Protect ✓**