

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 PCR test on 119 or at 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 or from the date of your PCR test if you are asymptomatic
- Don't leave home - you can find sources of help and advice at 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
- Book a PCR test on 119 or at www.gov.uk/get-coronavirus-test
- Even if you test negative, you must still 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
- Book a PCR test on 119 or at www.gov.uk/get-coronavirus-test
- Even if you test negative, you must still isolate for the full 10 days
- Don't leave home - you can find sources of help and advice at 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 unless the person develops symptoms or tests positive
- Don't book a test unless you develop symptoms or the person tests positive

Test ✓ Trace ✓ Protect ✓