I'm concerned I have or someone I live with has symptoms of the virus, what should I do?

	SELF-ISOLATION	ENDING ISOLATION
1. You are displaying COVID19 symptoms	You must self-isolate for at least **7 days** from when symptoms started. If you live in a household, all other household members must self-isolate for **14 days** from the day your symptoms started. You should arrange to have a test to check if you have the within the first 5 days of symptoms: https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/ If you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of isolation (self or household) then you must follow this guidance again.	You may end your self-isolation after 7 days and return to your normal routine if you do not have symptoms other than cough or loss of sense of smell/taste. If you still have a high temperature, keep self-isolating until your temperature returns to normal. If you continue to feel unwell and have not already sought medical advice, you should use the NHS 111 online coronavirus (COVID- 19) service. If you do not have internet access, call NHS 111. For a medical emergency, dial 999.
2. Household member is displaying COVID19 symptoms	You must self-isolate for 14 days from when the first person in your home started having symptoms. If you become unwell during the 14-day period, You should arrange to have a test to check if you have the within the first 5 days of symptoms: https://www.nhs.uk/conditions/coronavirus- covid-19/testing-and-tracing/ask-for-a-test- to-check-if-you-have-coronavirus/ If your test result is positive, you must self- isolate for 7 days from your symptoms starting and follow the guidance in (1). If it is negative, you can stop self-isolating if everyone you live with who has COVID19 symptoms also tests negative and you feel well. Continue to self-isolate for 14 days if someone in your home tests positive, or has symptoms and has not been tested If you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of isolation (self or household) then you must follow this guidance again.	After 7 days, if the first person to become ill in your household feels better and no longer has symptoms other than cough or loss of sense of smell/taste they can return to their normal routine. If a household member develops COVID-19 symptoms late in the 14-day household isolation period (for example, on day 10 or later) the isolation period for the household does not need to be extended. Only the person with new COVID-19 symptoms has to stay at home for at least a further 7 days and follow the guidance in (1). At the end of the 14-day period, anyone in the household who has not become unwell can return to their normal routine.

3. You are notified by the NHS Test and Trace service ta you have been in close contact with a person who has tested positive for COVID19	You must self-isolate for **14 days** from the date you last came into contact with the person who has tested positive. You must do this even if you don't have symptoms because, if you have been infected, you could become infectious to others at any point up to 14 days and unknowingly spread the virus. Household members are **not required** to isolate unless you start to display symptoms. If you do develop symptoms, other members of your household must self-isolate immediately for 14 days and follow the guidance in (2). If you become unwell during the 14-day period, you should be tested to see if you have COVID-19.	If you do not develop symptoms: • You may end self-isolation after 14 days. • If you develop symptoms during the 14-day self-isolation period, you should follow the guidance set out in (1) above. If you develop symptoms: • If your test result is **positive**, you must self-isolate for 7 days from your symptoms starting and follow the advice in (1). Anyone in your household must complete self-isolation • If your test is **negative**, you and other household members no longer need to self-isolate.

Self-Isolation is explained further in the diagram below:

What happens if someone in your family gets sick?

Source: Public Health England advice

More detailed information about what you should do if you are self-isolating is available here: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at- home-guidance-for-households-with-possible-coronavirus-covid-19-infection