

Self-isolation information...

Published 24.02.2022



Self-isolation
guidance

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, however if you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to **stay at home and avoid contact with other people**, especially people at higher risk of becoming seriously unwell from COVID-19.

The following advice is for:

- **people with any of the main symptoms of COVID-19**
- **people who have received a positive COVID-19 lateral flow device (LFD) or polymerase chain reaction (PCR) test result**
- **people who live in the same household as, or who have had close contact with, someone who has COVID-19**



Symptoms

The main symptoms of COVID-19 are a recent onset of any of the following:

- **a new continuous cough**
- **a high temperature**
- **a loss of, or change in, your normal sense of taste or smell (anosmia)**

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea, and vomiting. Any of these symptoms may also have another cause.

If you are concerned about your symptoms, or they are worsening, contact 111 or speak to your GP. **In an emergency dial 999.**



Stay at home

If you have COVID-19 you should:

- not attend work. If you are unable to work from home, you should talk to your employer about options available to you. You may be eligible for Statutory Sick Pay
- ask friends, family, neighbours, or volunteers to get food and other essentials for you
- not invite social visitors into your home, including friends and family
- postpone all non-essential services and repairs that require a home visit
- cancel routine medical and dental appointments. If you are concerned about your health or you have been asked to attend an appointment in person during this time, discuss this with your medical contact and let them know about your symptoms or your test result
- if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance

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Protect others



While you are infectious there is a high risk of passing on COVID-19 to others in your household. These are simple things you can do to help prevent the spread:

- keep your distance from other people you live with and spend as little time as possible in shared areas such as kitchens and living rooms. This is particularly important if someone you live with is unvaccinated or at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system
- if you need to spend time in shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask. Ventilate the room by opening windows and leaving them open for at least 10 minutes after you have left the room. Leave extractor fans running for longer than usual with the door closed after use
- cover your mouth and nose with disposable tissues when you cough or sneeze. Dispose of tissues into a rubbish bag and immediately wash your hands or use hand sanitiser
- wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing, and blowing your nose and before you eat or handle food. Avoid touching your face
- if you can, use a separate bathroom from the rest of the household. If this is not possible try and use the bathroom after everyone else
- regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms

If you have COVID-19 and you need to leave your home while you are still infectious, you should take the following steps to reduce the chance of passing on the infection to others:

- wear a well-fitting face covering made with multiple layers or a surgical face mask
- avoid close contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those with a severely weakened immune system
- avoid crowded places. If you need to take public transport, avoid busy times, for example by using off peak services
- avoid large social gatherings and events, or anywhere that is poorly ventilated, crowded, or enclosed
- limit close contact with other people outside your household as much as possible. Meet outside and try and stay at least 2 metres apart from them
- take any exercise outdoors in places where you will not have contact with other people
- be especially careful with your hand and respiratory hygiene