

Changes to the self-isolation period: from 17th January 2022

If you have symptoms/ feel unwell or have taken a lateral flow and it is positive =

Obtain a PCR test **if symptomatic** (Temporarily, a PCR is not necessary as of 11th January **if you have no symptoms**, LFD counts as positive. If symptoms develop, a PCR is then required.

Day of Isolation	How to use LFT tests to end isolation before 10 days					
Day 0	<p>Self-isolation starts</p> <p><i>This is the day your symptoms start- in this case obtain a PCR test</i></p> <p style="text-align: center;">OR</p> <p><i>when you have taken a lateral flow and it is positive but you have no symptoms</i></p>					
Day 1	<p style="text-align: center;">Self-isolation</p> <p style="text-align: center;">↓</p>					
Day 2						
Day 3						
Day 4						
Day 5	Take Lateral Flow Test					
	Negative	Positive				
	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later				
Day 6	Take Lateral Flow Test	Take Lateral Flow Test	Take Lateral Flow Test			
	Negative	Negative	Positive			
	Your self-isolation has ended. You can return to work/school	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later			
Day 7		Take Lateral Flow Test	Take Lateral Flow Test	Take Lateral Flow Test		
		Negative	Negative	Positive		
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours		
Day 8		Take Lateral Flow Test	Take Lateral Flow Test	Take Lateral Flow Test		
		Negative	Negative	Positive		
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later			
Day 9		Take Lateral Flow Test	Take Lateral Flow Test			
		Negative	Negative	Positive		
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate until 23.59pm when your isolation period ends		
Day 10		Take Lateral Flow Test	Take Lateral Flow Test			
	Negative	Negative				
	Your self-isolation has ended. You can return to work/school (unless you have a high temperature)					