



Self Isolating



Who needs to self isolate?

+ someone who tests positive for Covid-19

someone with any Covid-19 symptoms

someone in the same household tests positive

close contact with someone who tests positive

How to self isolate

Stay at least 2 metres away from others.

Stay in a different room from others.

Sleep alone.

Clean bathroom and surfaces every

Spend as little time as possible in shared

Use kitchen when others are not in it.

Use a separate towel.

Clean kitchen and surfaces every day.

You must

You should

You must not

Stay home.

Try to keep windows open.

Go to work at workplace.

Physical distance from others.

Try to stay away from others.

Touch face, especially mouth, nose and eyes.

Wash hands regularly.

Shop online.

Go to shops.

Sneeze or cough into a tissue then bin it.

Ask for help if you need it.

Leave your house (except for your garden)

How long?

— Immediately after a negative test result and not a 'close contact' of a confirmed case.

Su M T W At least 10 days after
Th F Sa start of symptoms.

14 days if someone else tests positive in household.

Time given by NHS.

