

## Scottish Government Advice from January 2022

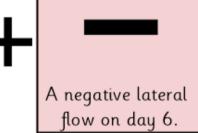


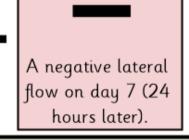
Changes to self isolation if you test positive for Covid.

10

Self Isolate for ten days. Unless...







Su M T W Th F Sa

You can stop isolating after 7 days.



Close contacts of positive cases who...



are younger than 18 years and four months old.







Do not need to isolate if...







The lateral flow is negative.

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If you test positive, you must self isolate.



Close contacts of positive cases who...



are over 18 years and four months old.

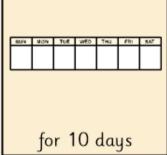


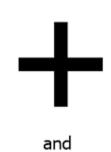


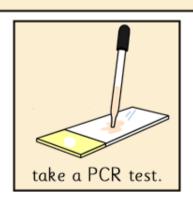


You need to...









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