

Summary of Self-Isolation Period and Guidance Changes

From Wednesday 22 December, the 10-day self-isolation period for people who have tested positive for COVID-19 was reduced to 7 days in most cases.

Anyone in England who tests positive for COVID-19 is now advised that they can leave self-isolation before the end of the full 10 days if they:

- Take an LFD test on two consecutive days, no earlier than the sixth full day of their self-isolation period (not counting the 'symptom onset day' or the test date for asymptomatic cases, which is counted as Day 0).
- The second LFD test should be taken at least 24 hours later.
- The results obtained from the LFD tests on **both** days must be negative and the case **must not have a high temperature**
- This also applies to children under 5, with LFD testing at parental or guardian discretion.
- If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your education or childcare setting from day 7.

If **both** LFD test results are negative and the positive case **does not** have a high temperature, it is likely they were not infectious at the time the tests were taken and **isolation can be ended after the second negative test result**. The child/staff member can return immediately to the workplace or school setting. Thus, if a positive case takes an LFD test at 8am on Day 6 of isolation, which is negative, and 24 hours later at 8am on Day 7 returns another negative test result, the pupil/staff member can attend work /school that day.

To further reduce the chance of passing COVID-19 on to others, those leaving self-isolation early are **strongly advised** to:

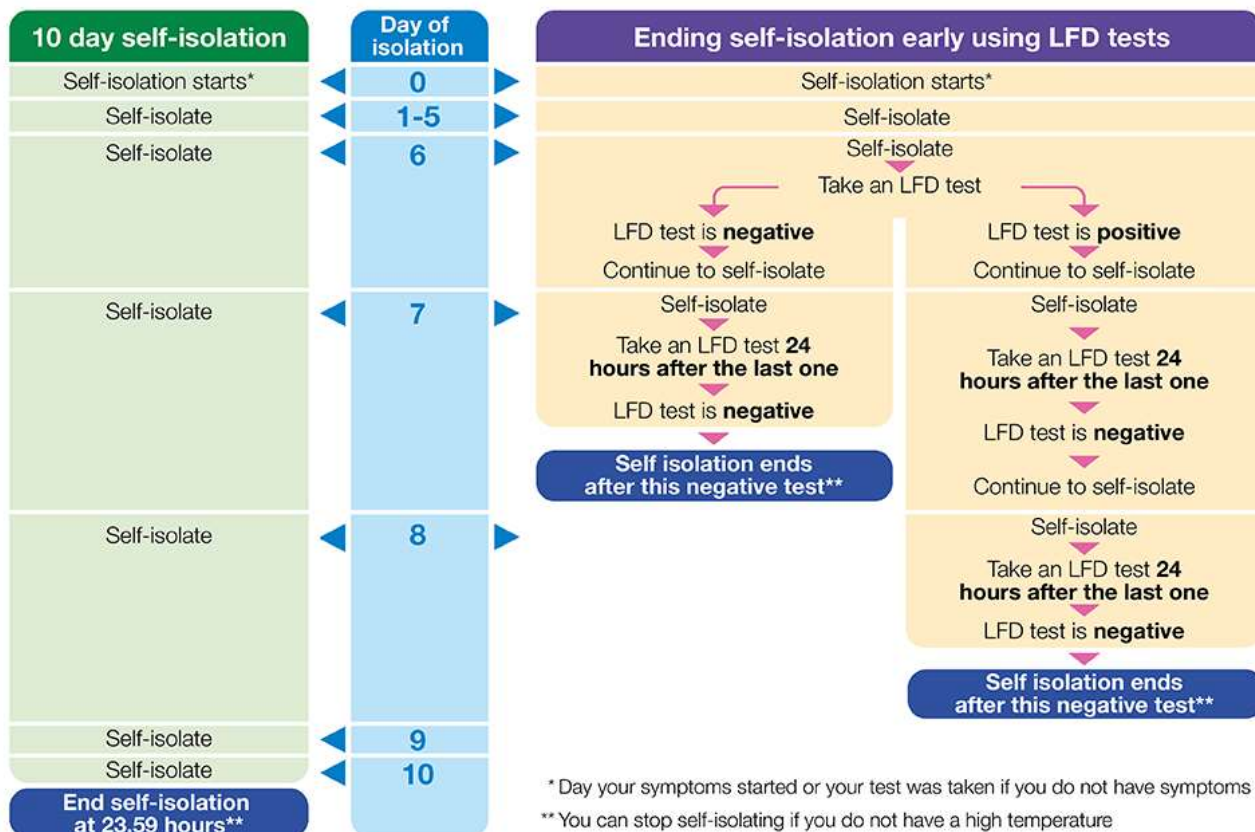
- ✓ limit close contact with other people outside their household, especially in crowded, enclosed or poorly ventilated spaces
- ✓ work from home if it is possible
- ✓ wear a face covering in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people
- ✓ limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- ✓ follow the [guidance on how to stay safe and help prevent the spread](#)

Anyone ending their self-isolation following 2 negative LFD test results, 24 hours apart, from Day 6 should follow this advice until 10 full days from when the self-isolation period started.

Positive cases who are not released from self-isolation early should not take any more LFD tests after the 10th day of their isolation period and can stop self-isolating after this day. This is because they are unlikely to be infectious after the 10th day of their isolation period. Even if they have a positive LFD test result on the 10th day of their self-isolation period, they should not take any more LFD tests after this day. If the positive case is concerned, they may choose to keep following the above advice until 14 days after the start of their self-isolation period. Those who continue to feel unwell after the 10 days period should seek medical advice.

It is important to note that those working in health and social care, must follow the relevant guidance for this sector. They must speak to their manager about any household case or their own positive result. [COVID-19: management of staff and exposed patients or residents in health and social care settings - GOV.UK \(www.gov.uk\)](#)

Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result



What happens if the Day 6 test is positive?

The positive case must continue to isolate until they receive two consecutive negative LFD test results taken 24 hours apart e.g., Days 8 and 9, when they can return to work/school. They can leave self-isolation after 10 full if they do not return two consecutive LFD test results earlier.

What if symptoms develop during isolation?

If symptoms develop during isolation, the period of isolation resets. Day 0 is the date symptoms started, and you are required to isolate for the next 10 days. The positive case can undertake LFD tests on consecutive days from Day 6 of their new isolation period.

Example of how to calculate release from self-isolation

For example, if first symptoms started on the 15th of the month (Day 0) or if asymptomatic, the date of test, the case may take two daily LFD tests from the 21st (Day 6). If LFD test results are negative on the 21st and 22nd, and they do not have a high temperature, then the case may end their isolation period after the negative test result on the 22nd.

Further Detailed Questions and Answers

Questions	Answers
I have claimed the Test and Trace Isolation Payment. Will I be eligible for the full amount if my isolation ends on day 7?	Yes, you may still be eligible for the full amount of the Test and Trace Support Payment
I have completed 7 days isolation and obtained 2 negative LFD tests on Day 6 and Day 7. What do I need to do around other people?	<p>If both your LFD test results are negative, it is likely that you were not infectious at the time the tests were taken and you can end your isolation. To further reduce the chance of passing COVID-19 on to others, you are strongly advised to:</p> <ul style="list-style-type: none">• limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces• work from home if you can• wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people• limit contact with anyone who is at higher risk of severe illness if infected with COVID-19• follow the guidance on how to stay safe and help prevent the spread <p>If you end your self-isolation following 2 negative LFD test results, 24 hours apart, from Day 6 you should follow this advice until 10 full days from when your self-isolation period started.</p>
How can I report my LFD test result?	<p>For every test that you take, you should report your LFD result via this gov.uk page: Report a COVID-19 rapid lateral flow test result - GOV.UK (www.gov.uk)</p> <p>Participants can contact 119 if they need support reporting their results and for language support if English is not their first language.</p> <p>It is important to report your result even if it is negative or invalid so that we can track the numbers of positive results being reported against the total number of tests being taken. This helps us to spot patterns and identify outbreaks more quickly. If people only tell us positive results, virus case levels look higher than they really are. So even if your test is negative or void, make sure you report it to us right away.</p>

<p>What proof can schools ask to see for positive cases ending their self-isolation period early?</p>	<p>Schools cannot ask to see proof of two consecutive negative tests and must trust parents/carers not to send their children to school if they have not completed the self-isolation period required. Schools should encourage parents/carers/staff to report their LFD result at: Report a COVID-19 rapid lateral flow test result - GOV.UK (www.gov.uk) or call 119 if they need support to do so.</p>
<p>I have completed 7 days isolation, my day 6 and day 7 LFD tests are negative. Will I be fined if I leave isolation now?</p>	<p>If both your LFD tests are taken from Day 6, 24 hours apart and the results are negative, you will not be fined if you leave self-isolation.</p>
<p>My LFD test is positive, what do I do?</p>	<p>If the day 6 test is positive, you must continue to isolate.</p> <p>You can take further tests on subsequent days – Day 7, 8 or 9. If two LFD tests taken 24 hours apart on consecutive days are negative, you can leave self-isolation immediately on receipt of the second negative result.</p> <p>Self-isolation ends after Day 10, you do not need a negative LFD test on Day 10 to leave isolation.</p>
<p>I have completed 7 days of isolation; can I arrange a second PCR test?</p>	<p>A further PCR test is not recommended within 90 days after a positive PCR test result unless you have new symptoms. (NB: from 11/01/22 those returning a positive LFD test result are no longer required to get a confirmatory PCR test but must isolate and follow Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection - GOV.UK (www.gov.uk)</p>
<p>I had no symptoms when I tested positive, I have since developed symptoms and my Day 6 LFD test is negative. What do I do?</p>	<p>If you develop symptoms during isolation, the period of your isolation resets. Day 0 is the date your symptoms start, and you are required to isolate for the next 10 days. You can undertake LFD tests on consecutive days from Day 6 of your new isolation period. If both these tests are negative, you can leave isolation.</p>

<p>I have completed 7 days isolation; I have had 2 negative LFD tests on day 6 and day 7. Can I return to work/school?</p>	<p>You can return to work/school following your two negative test results, as long as they were taken 24 hours apart, you do not have a high temperature, and your employer (as relevant) is in agreement. To further reduce the chance of passing COVID-19 on to others, you are strongly advised to:</p> <ul style="list-style-type: none"> • limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces • work from home if you can • wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people • limit contact with anyone who is at higher risk of severe illness if infected with COVID-19 • guidance on how to stay safe and help prevent the spread <p>If you end your self-isolation following 2 negative LFD test results, 24 hours apart, taken from Day 6 you should follow this advice until 10 full days from when your self-isolation period started.</p>
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Close Contacts

Unvaccinated Household Contacts

Unvaccinated household contacts are still legally required to self-isolate for 10 days

The 10-day isolation period starts from the day after the case had symptoms, or if no symptoms the day after the case's positive test

Double vaccinated contacts

Double vaccinated (plus 14 days after the second dose), those between 5 and age 18 years and 6 months, those who are unable to have a vaccine due to a medical condition and those who are part of an approved COVID-19 vaccine trial close contacts do not need to isolate and are advised to take daily LFD tests for 7 days. They should continue to attend their setting as normal, unless they have a positive test result.

Children under 5 years are exempt from close contact self-isolation and do not need to take part in daily testing of close contacts.

A further PCR test is not recommended within 90 days after a positive PCR test result unless you have new symptoms.

Access to LFDs

There are currently supply issues obtaining LFTs for home use. The usual channels to access them are as follows and the public are advised to keep checking locally or online to obtain supplies:

- Go online to order for home delivery [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)
- Access LFD Home Test kits at [Find where to get rapid lateral flow tests - NHS \(test-and-trace.nhs.uk\)](https://test-and-trace.nhs.uk) by putting in your postcode to find your nearest pharmacy. Alternatively call into a local pharmacy and ask if they have any LFD home test kits.
- Go online and put in your personal details and you receive a 'collect code' which you give to the pharmacist to receive a free home test kits which contains 7 daily tests. <https://test-for-coronavirus.service.gov.uk/collect-lateral-flow-kits>. This quickens up the process for people if they want to use this method. Anyone needing a code to access LFDs at the pharmacy can get one of these by calling 119 (free from landlines and mobiles. Lines are open from 7am to 11pm.)

05/01/2022