

# Do you know the rules around when to self-isolate?

**Do it** for the ones you love and care about.  
**Do it** to avoid a second damaging lockdown.

**If you don't follow the rules you could spread Covid-19 to family, friends and work mates AND you could be fined.**

## You need to self-isolate if:

**1** You or someone in your home has one or more of the symptoms of coronavirus



A high temperature



A new cough that does not stop (continuous)



A loss of smell or taste

**2** You have been asked to self-isolate as a result of being contacted by NHS Test and Trace



**3** You have returned from a country which is on the quarantine list [www.gov.uk/guidance/coronavirus-covid-19-travel-corridors](http://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors)



**4** If you test positive for Covid-19 or have been in contact with someone who has – **BY LAW you MUST self-isolate**

## How long for:

- **At least 10 days if you have symptoms or have tested positive.** The 10 days starts from when symptoms began. If you don't have symptoms, the 10 days start from when you test positive
- **14 days if you live with someone who has symptoms or has tested positive.** The 14 days start from when symptoms began, or from the date of the positive test for those who don't have symptoms



## Need help to self-isolate?

- Support is available for some people who cannot work from home and will lose income if they need to self-isolate. **For more information please call 0345 045 5219**



For updates and advice please check our websites which will be regularly updated [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk) and [www.gov.uk](http://www.gov.uk)

What should I do if...	Action needed...
I have tested <b>POSITIVE</b> for Covid-19. What are the self-isolation rules for me and the people I live with?	You must self-isolate for 10 days from the start of your symptoms, and until you do not have a fever for 48 hours. Everyone you live with should self-isolate for 14 days.
I have tested <b>NEGATIVE</b> for Covid-19. Can my household stop self-isolating with me?	Yes, you and your household can stop self-isolating if you are well and no one in your household or support bubble has Covid-19 symptoms.
Someone I live with has Covid-19 symptom/s. Should everyone in the household self-isolate? And should we all book a test?	Everyone in your household should self-isolate for 14 days. However, only the person with symptoms should book a test.
Someone I live with has tested <b>POSITIVE</b> for Covid-19. How long should everyone in the household self-isolate for? And should we all book a test?	Everyone in your household should self-isolate for 14 days. You must only book a test if you develop symptoms. The person who tested positive should isolate for 10 days from the start of their symptoms, and until they do not have a fever for 48 hours.
Someone I live with has tested <b>NEGATIVE</b> for Covid-19. Can everyone in the household stop self-isolating?	Yes, you can all stop self-isolating if no one else in your household or support bubble has symptoms or has tested positive for Covid-19.
I have been <b>contacted by NHS Test and Trace</b> because my friend has tested positive for Covid-19. What are the isolation rules for myself and those I live with?	You must self-isolate for 14 days since you were last in contact with your friend. However, no one else in your household needs to self-isolate unless any of you develop symptoms. Only people who develop symptoms need to book a test.
I have been <b>identified as a contact</b> and told to self-isolate by NHS Test & Trace. I recently received a <b>NEGATIVE</b> test and no longer have symptoms. Do I still have to self-isolate?	Yes, you must still self-isolate for 14 days from when you were last in contact with the person that has Covid-19 because you could get symptoms after being tested.
I'm going on holiday abroad. Do I need to self-isolate when I get home?	You will need to check the latest list of countries on the quarantine list at <a href="https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors">www.gov.uk/guidance/coronavirus-covid-19-travel-corridors</a>
I am experiencing Covid-19 symptom/s, can I still <b>drop-off and pick-up my children at school</b> ?	No, you must stay at home for 10 days since your symptoms started. You will need to make alternative travel arrangements for your children.
I need to self-isolate, but I'm worried I will <b>lose income because I cannot work from home</b> . Where can I ask for help?	A £500 payment is available for people who need help to self-isolate and meet certain criteria. <b>To find out if you qualify, please call 0345 045 5219</b>