

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



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 and www.gov.uk

What should I do if...	Action needed...
I have tested POSITIVE 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 NEGATIVE 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 POSITIVE 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 NEGATIVE 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 contacted by NHS Test and Trace 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 identified as a contact and told to self-isolate by NHS Test & Trace. I recently received a NEGATIVE 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 www.gov.uk/guidance/coronavirus-covid-19-travel-corridors
I am experiencing Covid-19 symptom/s, can I still drop-off and pick-up my children at school ?	No, you must stay at home for 10 days since your symptoms started. Everyone you live with will also need to isolate for 14 days.
I need to self-isolate, but I'm worried I will lose income because I cannot work from home . Where can I ask for help?	A £500 payment is available for people who need help to self-isolate and meet certain criteria. To find out if you qualify, please call 0345 045 5219