Self-isolation if you or someone you live with has tested positive for coronavirus 18.5.20

https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/staying-at-home-if-you-or-someone-you-live-with-has-coronavirus-symptoms/

To protect others, you must stay at home if someone you live with has tested positive for coronavirus (COVID-19). This is called self-isolation.

Can I leave my home if I'm self-isolating?

If you live with someone who has tested positive for coronavirus:

- **do not leave your home for any reason** – if you need food or medicine, order it online or by phone, or ask someone to deliver it to your home
- **do not have visitors in your home** – including friends and family
- **do any exercise at home** – you can use your garden, if you have one

If you need help to self isolate: (Somerset specific advice)

https://www.corona-helpers.co.uk/

0300 790 6275 if you need help corona helpers

How long to self-isolate

If you have symptoms

If you have symptoms of coronavirus, self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you can stop self-isolating
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to keep self-isolating if you just have a cough after 7 days. A cough can last for weeks after the infection has gone.

If you live with someone who has tested positive for coronavirus

If you live with someone who has symptoms, self-isolate for 14 days from the day the test was taken.

This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the person who tested positive had a specimen taken.

- **If you get symptoms while self-isolating** – you should self-isolate for 7 days from when your symptoms started, even if it means you're self-isolating for longer than 14 days.

- **If you do not get symptoms while self-isolating** – you can stop self-isolating after 14 days.

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After self-isolation

When you stop self-isolating, it's important to follow the advice on social distancing.

This means you should stay at home as much as possible. But you can go out to work (if you cannot work from home) and for things like getting food or exercising.

How to reduce the spread of infection in your home

Do

- wash your hands with soap and water often, for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products
- clean a shared bathroom each time you use it, for example, by wiping the surfaces you have touched

Don't

- do not share towels, including hand towels and tea towels

How to look after your symptoms at home

If your symptoms are mild, you can usually look after yourself at home.

For advice about easing your symptoms and what to do if they get worse, see how to treat coronavirus symptoms at home.

Get an isolation note to give to your employer

If you live with someone who has symptoms of coronavirus, you can get an isolation note to send to your employer as proof you need to be off work.

You do not need to get a note from a GP.

Get an isolation note

Information:

If you have symptoms of coronavirus, use the 111 online coronavirus service to get an isolation note.

More information about self-isolation

Read the full guidance about self-isolation on GOV.UK