Changes to the self-isolation period:

If you have symptoms/ feel unwell or have taken a lateral flow and it is positive = Obtain a PCR test if symptomatic (Temporarily, a PCR is not necessary as of 11th January if you have no symptoms, LFD counts as positive. If symptoms develop, a PCR is then required. Day of How to use LFT tests to end isolation before 10 days Isolation Day 0 **Self-isolation starts** This is the day your symptoms start OR when you have taken a lateral flow and it is positive but you have no symptoms – obtain a PCR test Day 1 Self-isolation Day 2 Day 3 Day 4 Day 5 **Take Lateral Flow Test** Day 6 **Negative Positive** Continue to isolate Continue to isolate and take another lateral flow test 24 hours later and take another lateral flow test 24 hours later Day 7 **Take Lateral Flow Test Take Lateral Flow Take Lateral Flow Test** Test **Negative Negative Positive** Your self-isolation has Continue to isolate and take another lateral flow test 24 hours later Continue to isolate ended. You can return and take another to work/school lateral flow test 24 hours later **Take Lateral Flow** Take Lateral Flow Test Day 8 **Take Lateral Flow Test Test Positive** Negative **Negative** Your self-isolation Continue to Continue to isolate and take another lateral has ended. You can isolate and take flow test 24 hours return to another lateral work/school flow test 24 hours (unless you have a high later temperature) **Take Lateral Flow Take Lateral Flow Take Lateral Flow Test** Day 9 Test Test **Negative** Negative **Positive** Your self-isolation Continue to isolate Continue to isolate until has ended. You and take another 23.59pm when your lateral flow test 24 isolation period ends can return to work/school hours later (unless you have a high temperature) Day 10 **Take Lateral Flow** Test **Negative** Your self-isolation has ended. You can return to work/school (unless you have a high temperature)