

How the Five Day Isolation Rule Works

Anyone who develops **symptoms** or tests positive for Covid must immediately self-isolate.

The day symptoms begin or you test positive is day zero. The next day is day one of your isolation period.

People can leave self-isolation after a further five full days, but only if they take LFT results, 24 hours apart - and the results of both tests are negative.

You can take your first test on day five. If it is negative, you can take another test 24 hours later on day six. Assuming this is also negative - and you do not have a temperature - you can immediately leave isolation.

Days		Rules
0		Symptoms begin or test taken
1		Begin counting self-isolation days
2		
3		
4		
5		Begin home testing
6		Self-isolation can end if you test negative on 2 consecutive days and you do not have a temperature. Tests must be taken 24 hours apart.
7		
8		
9		
10		Final day of isolation – no test required