



## Summary of Guidance related to self isolation and quarantine

The following guidelines are intended as a summary of the current guidance related to the different scenarios when individuals and/or families may be required to quarantine and/or self isolate due to being in contact with someone who has tested positive for coronavirus or if returning from a territory overseas that is not on the quarantine exemption list. Please click on the hyperlinks to access the full guidance. Guidance documents are routinely updated as and when required.

### 1. NHS Track and Trace

[If you're told to self-isolate by NHS track and trace](#)

#### **If you're told to self-isolate because you've been in contact with a person with coronavirus:**

- self-isolate for 14 days from the day you were last in contact with the person - as it can take up to 14 days for symptoms to appear

#### **If you get symptoms:**

- Get a test to see if you have got coronavirus as soon as possible
- Anyone that you live with must self-isolate until you've been tested and received your results

#### **What to do when you get your test results**

##### **If you test negative for coronavirus:**

- Keep self-isolating for the rest of the 14 days from when you were last in contact with the person who has coronavirus - as you could get symptoms after being tested
- Anyone you live with can stop self-isolating if they do not have symptoms

##### **If you test positive for coronavirus:**

- self-isolate for at least 10 days from when your symptoms started - even if it means you're self-isolating for more than 14 days
- Anyone you live with must self-isolate for 14 days from when your symptoms started

##### **If you do not have any symptoms of coronavirus**

- You can stop isolating after 14 days
- You do not need to take a test

**Essential point:** *If someone (e.g. a student or member of staff) lives in a household where someone else is self-isolating due to track and trace they are not required to self-isolate. If the person who was in contact with someone who tested positive for coronavirus develops symptoms or tests positive then others living in the household are required to self-isolate for 14 days from when the symptoms started.*

## 2. Self-isolation when returning to the UK from overseas

[Coronavirus \(Covid-19\): how to self-isolate when you travel to the UK](#)  
[Coronavirus \(Covid-19\): travel corridors - GOV.UK](#)

When you arrive in the UK, you will not be allowed to leave the place where you're staying for the first 14 days you're in the UK (known as 'self-isolating') unless you're arriving from an [exempt country](#).

### **Why is self-isolating important**

When you arrive in the UK, it is very important that you stay in your declared accommodation for 14 days. It can take up to 14 days for you to develop coronavirus symptoms after you catch the virus and in this time you can unknowingly pass it on to others, even if you don't have symptoms.

***Essential point:*** when returning to the UK from a country that is not exempt from the quarantine rules it is essential that you self-isolate for a minimum of 14 days. If you take a test during the quarantine period and it is negative you are still required to self-isolate for the entire period as symptoms may take up to 14 days to appear.