Stay at Home and Self-isolate - Please also see detailed guidance online.

Day	MUM	CHILD 1	CHILD 2	DAD
0	Symptoms start or tested postive: start self-isolation and arrange a test if not already tested	No symptoms start self-isolation as a household contact	No symptoms start self-isolation as a household contact	No symptoms start self-isolation as a household contact
1				
2	TEST RESULT: POSITIVE Continue to self-isolate from the day your symptoms started and for the next 10 full days			Self-isolate for 10 full days
3				Symptoms start: start new 10 day self- isolation and arrange a test
4	Self-isolate for 10 full days	Self-isolate for 10 full days	Symptoms start: start new 10 day self- isolation and arrange a test	Continue isolating whilst awaiting test results
5		To full days	Continue isolating whilst awaiting test results	TEST RESULT: NEGATIVE continue 10-day self-isolation as Mike's household contact
6				
7			TEST RESULT: POSITIVE Continue to self-isolate from the day your symptoms started and for the next 10 full days	
8				
9	Toth 6.11 days from	T	Self-isolate for	Tauli é il dan é anna 16
10		Tenth full day of your self- isolation as a household contact	10 full days	Tenth full day of your self- isolation as a household contact
11	STOP SELF-ISOLATING if your symptoms are gone, or if the only remaining symptoms are a cough or loss of taste or smell	STOP SELF-ISOLATING		STOP SELF-ISOLATING
12				
13			Tenth full day of your	
14			self-isolation as a case	
15			if your symptoms are gone, or if the only remaining symptoms are a cough or loss of taste or smell	

Self-isolate for 10 full days.

You need to self-isolate from the day the first person in your household started symptoms and for the next 10 full days. If they did not have symptoms, self-isolate from the day of their test and for the next 10 full days.

To self-isolate means:

Do not go to work, school, or public areas and do not use public transport or taxis. Only leave your home to get to your test if you need to, observe strict social distancing advice and return immediately afterwards.

