

COVID-19 SELF ISOLATION TIME GUIDE



If you live alone and have no symptoms
 You do not need to self-isolate but you do need to **follow social distancing guidelines**

*Symptoms are;
 A new continuous cough and/or
 A high temperature and/or
 A loss or change to sense of smell or taste



If you live alone and have symptoms
 You should self-isolate for 10 days and then **follow social distancing guidelines**



If you live with others and none of you have symptoms
 None of you need to self-isolate but you do all need to **follow social distancing guidelines**

If you live with others and there are symptoms please follow the below timeline

