



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 11 th January if you have no symptoms , LFT counts as positive. If symptoms develop, a PCR is then required.				
Day of Isolation	How to use LFT tests to end isolation before 10 days			
Day 0	<u>Self-isolation starts</u> <i>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</i>			
Day 1	Self-isolation ↓			
Day 2				
Day 3				
Day 4				
Day 5				
Day 6	Take Lateral Flow Test			
	Negative	Positive		
	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later		
Day 7	Take Lateral Flow Test	Take Lateral Flow Test	Take Lateral Flow Test	
	Negative	Negative	Positive	
	Your self-isolation has ended. You can return to work/school	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later	
Day 8		Take Lateral Flow Test	Take Lateral Flow Test	Take Lateral Flow Test
		Negative	Negative	Positive
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours
Day 9			Take Lateral Flow Test	Take Lateral Flow Test
			Negative	Positive
			Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate until 23.59pm when your isolation period ends
Day 10				Take Lateral Flow Test
				Negative
				Your self-isolation has ended. You can return to work/school (unless you have a high temperature)

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