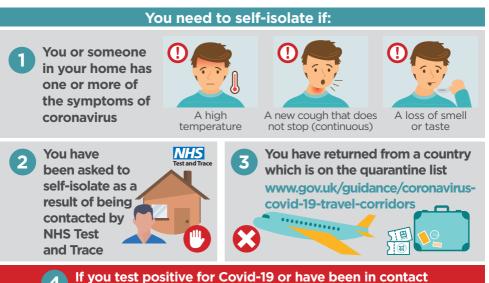# Do you know the rules around when to self-isolate?

Do it for the ones you love and care about.
Do it to avoid a second damaging lockdown.

If you don't follow the rules you could spread Covid-19 to family, friends and work mates AND you could be fined.

You need to self-isolate if:

1 **You or someone in your home has one or more of the symptoms of coronavirus**

A high temperature

A new cough that does not stop (continuous)

A loss of smell or taste

2 **You have been asked to self-isolate as a result of being contacted by NHS Test and Trace**

NHS Test and Trace

3 **You have returned from a country which is on the quarantine list www.gov.uk/guidance/coronavirus-covid-19-travel-corridors**

4 **If you test positive for Covid-19 or have been in contact with someone who has – BY LAW you MUST self-isolate**

How long for:

- **At least 10 days if you have symptoms or have tested positive.** The 10 days starts from when symptoms began. If you don't have symptoms, the 10 days start from when you test positive

  10 DAYS

- **14 days if you live with someone who has symptoms or has tested positive.** The 14 days start from when symptoms began, or from the date of the positive test for those who don't have symptoms

  14 DAYS

Need help to self-isolate?

- Support is available for some people who cannot work from home and will lose income if they need to self-isolate. **For more information please visit www.peterborough.gov.uk or call 01733 747474**

For updates and advice please check our websites which will be regularly updated **www.peterborough.gov.uk and www.gov.uk**

What should I do if...	Action needed...
I have **tested POSITIVE** for Covid-19. What are the self-isolation rules for me and the people I live with?	**You must self-isolate for 10 days from the start of your symptoms, and until you do not have a fever for 48 hours. Everyone you live with should self-isolate for 14 days.**
I have **tested NEGATIVE** for Covid-19. Can my household stop self-isolating with me?	**Yes, you and your household can stop self-isolating if you are well and no one in your household or support bubble has Covid-19 symptoms.**
Someone I live with has Covid-19 symptom/s. Should everyone in the household self-isolate? And should we all book a test?	**Everyone in your household should self-isolate for 14 days. However, only the person with symptoms should book a test.**
Someone I live with has tested POSITIVE for Covid-19. How long should everyone in the household self-isolate for? And should we all book a test?	**Everyone in your household should self-isolate for 14 days. You must only book a test if you develop symptoms.** **The person who tested positive should isolate for 10 days from the start of their symptoms, and until they do not have a fever for 48 hours.**
Someone I live with has tested NEGATIVE for Covid-19. Can everyone in the household stop self-isolating?	**Yes, you can all stop self-isolating if no one else in your household or support bubble has symptoms or has tested positive for Covid-19.**
I have been **contacted by NHS Test and Trace** because my friend has tested positive for Covid-19. What are the isolation rules for myself and those I live with?	**You must self-isolate for 14 days since you were last in contact with your friend. However, no one else in your household needs to self-isolate unless any of you develop symptoms. Only people who develop symptoms need to book a test.**
I have been **identified as a contact** and told to self-isolate by NHS Test & Trace. I recently received a **NEGATIVE test** and no longer have symptoms. Do I still have to self-isolate?	**Yes, you must still self-isolate for 14 days from when you were last in contact with the person that has Covid-19 because you could get symptoms after being tested.**
I'm going on **holiday abroad.** Do I need to self-isolate when I get home?	**You will need to check the latest list of countries on the quarantine list at www.gov.uk/ guidance/coronavirus-covid-19-travel-corridors**
I am experiencing Covid-19 symptom/s, can I still **drop-off and pick-up my children at school?**	**No, you must stay at home for 10 days since your symptoms started. Everyone you live with will also need to isolate for 14 days.**
I need to self-isolate, but I'm worried I will **lose income because I cannot work from home.** Where can I ask for help?	**A £500 payment is available for people who need help to self-isolate and meet certain criteria. To find out if you qualify, please visit www.peterborough.gov.uk**

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