

# SELF-ISOLATION

Help stop the spread of COVID-19 



If you have been asked to self-isolate because **you have tested positive** for Covid-19, you must isolate for **10 full days** following the date of your positive test result. All members of your home must isolate for 10 days too, including children. Children must not attend school or any other childcare setting.



The isolation period includes the day symptoms started (or the day the positive test was taken if there were no symptoms), **and the next 10 full days**. You must isolate for 10 full days **in addition** to the day the symptoms started (or the date of the test if there were no symptoms).



If you have been asked to self-isolate because **you have been in contact with someone who has tested positive** for Covid-19, stay at home for **10 full days after** the date of your last contact with the confirmed case. However, family members or others living with you, do not have to self-isolate if no-one currently has symptoms.



You must **NOT** go to work, to the shops or leave the place where you live for any reason during the self-isolation.

**Do not allow people to visit your home.**



**You could be fined if you** have a positive test result, or if you are identified as a contact of someone with Covid-19 and you are notified by NHS Test and Trace that you need to self-isolate and **do not stay at home and self-isolate**.



**Help and support.** If you have support needs, please call the Suffolk Advice and Support Service on 0800 068 3131 (09:00 – 17:00 weekdays) or visit <https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>