

Changes to self-isolation guidance

On Monday 17 January the guidance for self-isolation changed. This will mean that you can end self-isolation after 5 full days, provided you have two negative LFD tests taken 24 hours apart on day 5 and 6 of your isolation and you do not have a temperature.

- Day zero is either the date of your positive test result or when symptoms first appeared.
- Your day 5 and 6 LFD tests should be taken 24 hours apart. In practice, this means that if you take a test early on day 5 and then again on day 6 you can end your isolation after your second negative test.
- If your day 5 test is positive, you can keep testing each day until you get a negative result. This means that if, for example, you test positive on day 6 but then negative on day 7 and 8 you can leave isolation on day 8.
- Your isolation will end on day 10.

Please note that if you have a high temperature you should continue to isolate.

If you end isolation early and feel well enough to return to work or school, please ensure you continue to social distance and wear a face covering.

The guidance from gov.uk is below:

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

The guidance is best illustrated as follows:

How five-day isolation rule works in England

