



Information Sheet C: Why do I need to stay at home and self-isolate?

There are two reasons why you need to stay at home and self-isolate:

1. If you have been identified as a contact

You will be asked to stay at home for 14 days if you have been in close contact with someone who has tested positive for COVID-19. You will be told by NHS Test and Trace, or your workplace, if you are a contact.

It can take up to 14 days to develop the disease if you have been infected. You can also pass on the virus up to 2 days before you start feeling unwell. By staying at home during this time, you are helping to stop the spread of coronavirus and protecting your colleagues and community.

2. If you develop symptoms of COVID-19 or test positive

If you develop symptoms of COVID-19, you must immediately self-isolate and book a test through <https://www.nhs.uk/conditions/coronavirus-covid-19/> or by calling NHS 119. By staying away from other members of your household, you reduce the chance of them becoming unwell.

If your test is positive, you need to continue self-isolating for 10 days from when your symptoms started (or your test date if you have no symptoms). After that, if you feel well and have no fever, you can return to work. You are not infectious after 10 days, as long as you don't have a fever.

If your test is negative, you can stop self-isolating. Your symptoms are not caused by COVID-19. However, if you have been in close contact with a positive case, you will still need to stay at home for the rest of the 14 days, as you could still develop COVID-19 symptoms.