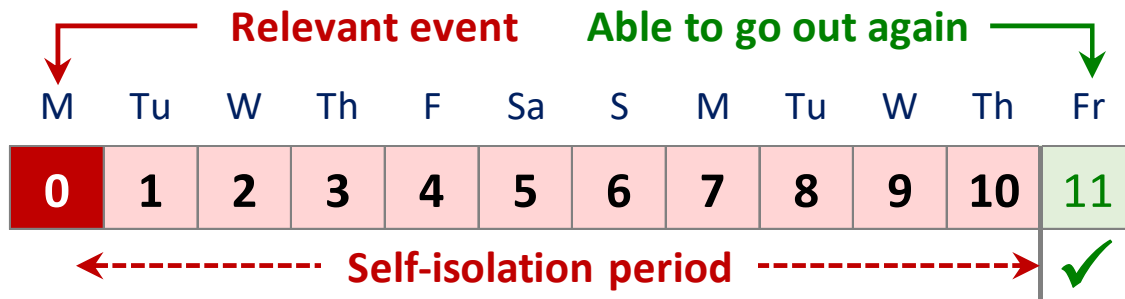


# COVID-19: revised rules on self-isolation

- Came into effect on Monday 14 Dec
- Apply *retrospectively* to anyone self-isolating for 14 days
- Now a **standard period of 10 full days**
- But counted from the day after the relevant event



So if someone developed symptoms on 14 Dec, they must self-isolate until 23:59 on 24 Dec and can stop self-isolating on 25 Dec.

## Relevant events (i.e. 'Day 0')

- *Symptomatic case* = date of symptom onset
- *Asymptomatic case* \* = date of positive test
- *Household members* \* = date first member developed symptoms (or test date for first asymptomatic case in household)
- *Recent close contacts* \* = date of last contact with someone who later tested positive
- *UK arrivals from a country not on the travel corridor list* \* = date of departure from that country

\* *If anyone develops symptoms whilst self-isolating for any of these reasons, it counts as a new Day 0 and their self-isolation is extended accordingly.*