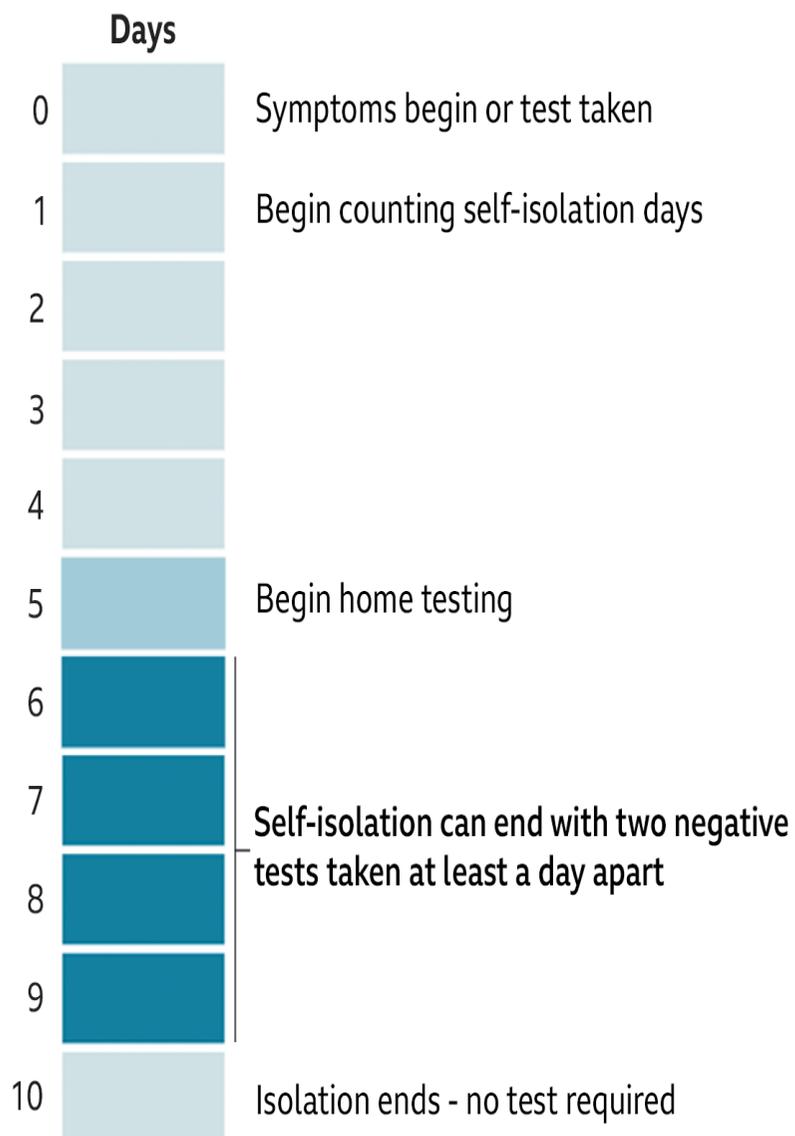


How five-day isolation rule works in England



Source: NHS



From Monday 17th January 2022

People self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative on both day 5 and day 6 and **do not have a temperature**.

Individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had **2** consecutive negative tests taken on separate days.

It is essential that 2 negative rapid lateral flow tests are taken on consecutive days and reported before individuals return to their job or education.

Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings, limit close contact with other people in crowded or poorly ventilated spaces, work from home if they can do so and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.

Existing public health measures remain in place, including:

- staying at home if you feel unwell
- getting a test if you experience any COVID-19 symptoms
- wearing a face covering in crowded, enclosed spaces
- working from home if possible
- maintaining social distancing and regular hand washing
- taking up the offer of the free COVID-19 vaccine

If you test positive for COVID-19 you must self-isolate for 10 days, it is the law. However, this change enables people who are not infectious, proven via 2 negative tests over 2 days, which can start from day 5, to leave isolation on day 6.

Contacts

The rules for contacts have not changed. Fully vaccinated individuals who are identified as contacts of someone with COVID-19 should take daily rapid lateral flow tests **for 7 days** but are not legally required to self-isolate.

Unvaccinated contacts are legally required to self-isolate for the full 10-day period.