



Self-Isolation Guidance from 17th January 2022

If you have tested positive on a lateral flow device (LFD) or PCR test you can now potentially reduce your isolation period by carrying out LFD tests from day 5 of your isolation period. **Once you test negative on two consecutive LFD tests you can stop isolating and return to work/school etc.**

The LFDs should be carried out first thing in the morning.

Please note that the day you take the first test (that is positive) is counted as day 0 (zero) and NOT day 1.

Examples

Negative LFD tests on day 5 and day 6

Day	Result	Action
Day 0 (zero)	Positive LFD test	Self-isolate
Days 1-4	No need to test	Self-isolate
Day 5	Negative LFD test (1)	Keep self-isolating
Day 6	Negative LFD test (2)	Stop self-isolating as soon as you get the second negative test result and return to work/school

Positive LFD tests

Day	Result	Action
Day 0 (zero)	Positive LFD test	Self-isolate
Days 1-4	No need to test	Self-isolate
Day 5	Positive LFD test	Keep self-isolating
Day 6	Positive LFD test	Keep self-isolating
Day 7	Negative LFD test (1)	Keep self-isolating
Day 8	Negative LFD test (2)	Stop self-isolating as soon as you get the second negative test result and return to work/school

If you continue to get positive LFD test results after day 5, you must keep self-isolating until you have two negative LFD test results over 2 consecutive days or you reach the end of the 10-day isolation period.