

# How to work out your 7 days of self-isolation



*start over if you test positive*

Find out what you need to do if:

you are positive for COVID-19

you are a Household Contact (living with a positive case)\*

Day 0

The day you test positive or start experiencing symptoms, whichever is earliest.

Your Day 0 is the same Day 0 as the first positive case in your household.

Day 3

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Take a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.

Day 7

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Take a Day 7 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.

After

After 7 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.

After 7 days, as long as you have a negative Day 7 test result and no COVID-19 symptoms, you will be free to leave self-isolation.

\* Some people who are Household Contacts and critical workers may be able to still go to work through the Close Contact Exemption Scheme. See our website for more information.