

SELF-ISOLATION

Help stop the spread of COVID-19 



If you have been asked to self-isolate because **you have tested positive** for Covid-19, you must isolate for 10 days from the date of your positive test result. All members of your home must isolate for 14 days too, including children who must not attend school or any other childcare setting.



If you have symptoms try to stay as far away from other people in your home as possible. If you still have a temperature at the end of the first 10 days, continue to self-isolate until your temperature returns to normal and seek medical advice from your GP or NHS 111.



If you have been asked to self-isolate because **you have been in contact with someone who has tested positive** for Covid-19, stay at home for 14 days. However, family members or others living with you, do not have to self-isolate if no-one currently has symptoms.



You must **NOT** go to work, to the shops or leave the place where you live for any reason during the self-isolation.

Do not allow people to visit your home.



You could be fined if you have a positive test result, or if you are identified as a contact of someone with Covid-19 and you are notified by NHS Test and Trace that you need to self-isolate and **do not stay at home and self-isolate.**



Help and support. If you have support needs, please call the Suffolk Advice and Support Service on 0800 068 3131 (09:00 – 17:00 weekdays) or visit <https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>