

A guide to when to self-isolate

If you experience one or more of these coronavirus symptoms:



A HIGH TEMPERATURE

– you feel hot to touch on your chest or back



A NEW CONTINUOUS COUGH

– you are coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours



A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE

– you've noticed you cannot smell or taste anything, or things smell or taste different to normal

You should:

- Go home and self-isolate immediately
- Book a test at [nhs.uk](https://www.nhs.uk) or by calling [119](tel:119)
- Stay at home until you get your results
- Ask others in your household to self-isolate until your test results arrive

Self-isolating means
stay at home.


If you need help with shopping or financial support, we can help. Visit

www.southglos.gov.uk/coronavirus

If your test is positive:

- Isolate at home for 10 days from the date your symptoms started. If you continue to experience a fever continue to self-isolate (other symptoms may persist for several weeks)
- **DO NOT** book another test during these 10 days. If you do, and you test negative, you must still isolate for the full 10 days

If your test is negative:

- Return to work or your normal routine if you feel well
- Tell people you live with that they can do the same
- Seek other medical help from your pharmacist, GP or NHS  **119** If you are still unwell

If you live with someone who has been identified as a close contact, **including your child**:

- Carry on as normal, you don't need to isolate but try to avoid contact with the person you live with who is a close contact

If you live with someone who tests positive:

- Stay at home for 10 days from the date they experienced symptoms. If they did not have symptoms before the test, you should stay home for 10 days from the date the test was taken.
- **DO NOT** book a test unless you develop symptoms. If you do and test negative, you must still isolate for the full 10 days.

If you live with someone with symptoms:

- Stay at home until they get their test results
- Don't book a test unless you develop symptoms

If you are contacted by NHS Test and Trace or South Gloucestershire Council or you are a close contact of someone who has tested positive:

- Stay at home **for 10 days**

Stop the spread. Do the right thing.