

# Self-Isolation Guidelines for Carers/Staff during COVID-19 (v11)

## When to self-isolate:

You have **any** symptoms of coronavirus (high temperature, a new, continuous cough or loss or change to your sense of smell or taste)

You've tested **positive** for coronavirus

You live with someone who has symptoms or tested **positive**

Someone in your support bubble has symptoms or tested **positive**

You're told to self-isolate by **NHS Test and Trace** or the **NHS COVID-19 App**

Current Government guidelines say if you have been in contact with someone who has Covid-19 but you 1) do not have any symptoms 2) Don't live with that person 3) have not been told to self-isolate you **do not need to self-isolate**

## How to self-isolate:

You must **not** leave your home if you're self-isolating

**Do not** go to work, school or public places  
Work from home if possible

**Do not** go on public transport or use taxi services

**Do not** go out to get food and/or medicine  
Order it online or by phone, or ask someone to bring it to your home

**Do not** have visitors in your home, including friends and family  
**Except** for people providing essential care

**Do not** go out to exercise  
Exercise at home or in your garden, if you have one