

Self-isolation: what to do if you or someone in your household develops symptoms of coronavirus

	 Household member 1	 Household member 2	 Household member 3	 Household member 4	
Day 1	Develops symptoms of coronavirus. Self-isolation begins: 7 days for household member 1 14 days for household members 2, 3 & 4.				
Day 2					
Day 3					
Day 4				Develops symptoms of coronavirus. Self-isolate for 7 days.	
Day 5					
Day 6					
Day 7					
Day 8	End of isolation				
Day 9					
Day 10					
Day 11			End of isolation	Develops symptoms of coronavirus. Self-isolate for 7 days.	
Day 12					
Day 13					
Day 14					
Day 15		End of isolation			
Day 16					
Day 17					
Day 18				End of isolation	
Day 19					
Day 20					

For information on what self-isolation means and why it's important, go to <https://www.chss.org.uk/coronavirus/coronavirus-advice/social-distancing-and-shielding/>