

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					

If you develop symptoms and they get worse during the 7 days of self-isolation or have not improved after 7 days, continue to self-isolate and phone 111.

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/>