



# Self-isolation advice for households

## Example 1

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
<b>Kim</b>	X							✓													
<b>Jac</b>				X							✓										
<b>Mo</b>														✓							
<b>Jen</b>														✓							



Kim gets symptoms; a high temperature and/or a persistent dry cough.  
The first day Kim has symptoms is day 1.  
Everyone else in the house must self-isolate for 14 days, like Mo and Jen.



Jac gets symptoms during the 14 days.  
7 days later, if Jac has no longer has symptoms, Jac can go out again.



Mo and Jen must self-isolate for the rest of the 14 days.  
If they don't have symptoms after 14 days, they can go out again.



If Kim has no symptoms after 7 days, Kim can go out again

## Example 2

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
<b>Kim</b>	X							✓													
<b>Jac</b>				X							✓										
<b>Mo</b>													X								✓
<b>Jen</b>														✓							



Kim gets symptoms: a high temperature and/or a persistent dry cough.  
Everyone in the house must self-isolate for 14 days.  
7 days later, if Kim has no symptoms, Kim can go out again.



Jac gets symptoms during the 14 days.  
7 days later, if Jac has no symptoms, Jac can go out again.



Mo gets symptoms near the end of the 14 days.  
Mo must self-isolate for 7 more days.  
If Mo has no symptoms after 7 more days, Mo can go out again.



Jen has no symptoms after 14 days. Jen can go out again after day 14.