

# Updated self isolation guidance for people with COVID-19

- Slide 1: summary of the ['Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK'](#)
- Slide 2: summary of the [COVID-19: management of staff and exposed patients or residents in health and social care settings - GOV.UK](#)
- Slide 3: summary of [testing guidance for day centres](#)

**Please note:** this is correct at the time of writing (10/01/2022) but guidance is prone to change please use the links above to refer to national guidance and ensure that you are have the most up to date information.

# Summary: self-isolation advice for people with coronavirus (COVID-19)

The self-isolation advice for people with coronavirus (COVID-19) has changed and in line with new guidance, it is now possible to end self-isolation before the end of the 10 full days.

DAY 6: individuals can take an LFD test from 6 days **after** the day symptoms started (or the day their test was taken if they did not have symptoms), and another LFD test on the following day.

DAY 7: the second LFD test should be taken at least 24 hours later.

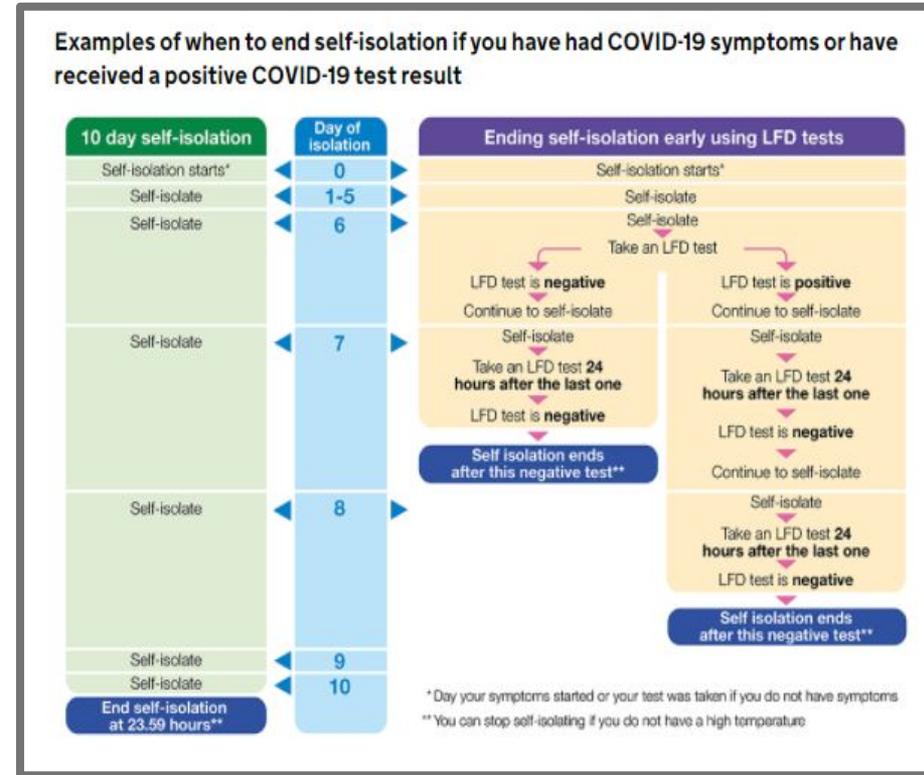
If both these test results are negative, they do not have a high temperature, they may end self-isolation after the second negative test result. [LFD test results](#) should be reported online after taking each test.

If the self-isolation period ends before 10 full days individuals are strongly advised to take steps to reduce the chance of passing COVID-19 on to others by:

- limiting close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces,
- working from home if possible,
- wearing a face covering in crowded, enclosed or poorly ventilated spaces, to limit contact with anyone at higher risk of severe illness if infected with COVID-19 and
- following the [guidance on how to stay safe and help prevent the spread](#)

This advice should be followed until 10 full days from when the self-isolation period started. Please see [the next slide](#) for information about interpreting this advice.

**Anyone unable to take LFD tests will need to complete the full 10 day period of self-isolation**



Source: [Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK](#)

# COVID-19: management of staff and exposed patients or residents in health and social care settings

**The self-isolation advice for people with coronavirus (COVID-19) has changed and in line with new guidance, it is now possible to end self-isolation before the end of the 10 full days.**

DAY 6: individuals can take an LFD test from 6 days after the day symptoms started (or the day their test was taken if they did not have symptoms), and another LFD test on the following day.

DAY 7: the second LFD test should be taken at least 24 hours later.

If both these test results are negative and they do not have a high temperature, they may end self-isolation after the second negative test result (see infographic in the previous slide). [LFD test results](#) should be reported online after taking each test.

Staff working in health and social settings may return to work **if** they meet the following criteria:

- Their symptoms have resolved, or their only symptoms are cough or anosmia which can last for several weeks
- They can continue to take daily LFD tests for the remaining days of isolation period. For example, if the first LFD test was taken on the sixth day, and the second LFD test was taken on the seventh day, they should continue to take LFD tests on day 8, 9 and 10. If the first LFD test was taken on the seventh day and the second LFD test was taken on the eighth day, they should continue to take LFD tests on day 9 and 10. **If any of these LFD test results are positive the staff member should isolate and wait 24 hours before taking the next LFD test**
- On days the staff member is working, they will take the LFD test prior to beginning their shift, as close as possible to the start time
- They must continue to comply with all relevant infection control precautions and PPE must be worn properly throughout the day
- If the staff member works with patients or residents who are especially vulnerable to COVID-19 (as determined by the organisation), a risk assessment should be undertaken, and consideration given to redeployment for the remainder of the 10 day isolation period

DAY 10: The likelihood of a positive LFD test in the absence of a high temperature after 10 days is low. If the staff member's LFD test result is positive on the 10th day, they should continue to take daily LFD tests, and can return to work after a single negative LFD test result.

DAY 14: The likelihood of a positive LFD test after 14 days is considerably lower. If the staff member's LFD test result is still positive on the 14th day, they can stop testing and return to work on day 15. If the staff member works with patients or residents who are especially vulnerable to COVID-19 (as determined by the organisation), a risk assessment should be undertaken, and consideration given to redeployment.

DAYS 10-14: Managers can undertake a risk assessment of staff who test positive between 10 and 14 days and who do not have a high temperature, with a view to them returning to work depending on the work environment.

# Testing guidance for day centre staff and service users

## Day Care Centres

Day care centres run by paid care staff that provide services in non-residential care settings which support the health and wellbeing of adults (i.e. over 18). This includes settings such as:

- purpose-built day centres
- day centres attached to or part of a care home or supported living setting
- other buildings in communities specifically used for regular adult day care.

Eligible settings can get access to testing through the organisation self-referral portal: <https://request-onboarding.test-for-coronavirus.service.gov.uk/>

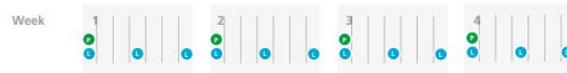
### The 90 day policy:

If someone has tested positive with a PCR test, they should not be tested using PCR or LFT for 90 days, unless they develop new symptoms during this time, in which case they should be retested immediately using PCR, or they meet the conditions set out in the ['Management of staff and exposed patients or residents in health and social care' guidance](#).

This 90 day period is from the initial onset of symptoms or, if asymptomatic when tested, their positive test result. Individuals should use evidence of their positive PCR test to show they are currently exempt from asymptomatic testing.

Key:  PCR test  Rapid lateral flow test (LFT)

**Staff:** Weekly PCR and thrice-weekly LFT (one LFT on the same day as the PCR and then every 2-3 days later).



Organisations can order tests for their staff using their UON from <https://request-testing.test-for-coronavirus.service.gov.uk/>

For full guidance on testing for day care centres, please see: <https://www.gov.uk/government/publications/coronavirus-covid-19-testing-for-adult-day-care-centre-workers>

**Service users testing schedule:** Service users can still visit the centres if they have not tested. Testing is not mandatory.

We recommend for service users that are able to test, to test twice a week with 3-4 days in between using rapid LFT only. If they are attending twice a week, test on the days of attendance. If they are attending once a week, they only need to test once in the week. These should ideally be on the day, prior to attending the centre.



Testing can be completed either at-home or on-site at the discretion of the day care centre manager.

Service users can also self-test or receive assisted swabbing.

Taken from [Coronavirus \(COVID-19\) testing available for adult social care in England](#)