## COVID-19 isolation advice for households

### Isolating with symptoms

- **Day 1:** Symptoms start
  - 10-day isolation begins
- **Day 3:** 14-day isolation begins for family

### Isolating with no symptoms

- **Day 5:** Isolation ends
  - (if no longer showing symptoms)
- **Day 10:** Isolation ends
  - (if no longer showing symptoms)
- **Day 14:** Isolation ends
  - (if no longer showing symptoms)
- **Day 16:** Isolation ends
  - (if not showing symptoms)
- **Day 20:** Isolation ends
  - (if not showing symptoms)

### If symptoms worsen or last for more than 10 days, call 111.

- **Day 10:** 10-day isolation begins
- **Day 14:** 10-day isolation begins

### Anyone with symptoms should keep at least 2 metres away from others in their house.

- **Mum**
- **Child 1**
- **Child 2**
- **Dad**