



## IF YOU'RE TOLD TO SELF-ISOLATE BY NHS TEST AND TRACE

Follow this NHS advice if you're told by NHS Test and Trace that you've been in contact with a person who has coronavirus (COVID-19).

### Stay at home for 14 days

If you're told to self-isolate because you've been in contact with a person who has coronavirus:

- self-isolate for 14 days from the day you were last in contact with the person – as it can take up to 14 days for symptoms to appear
- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- do not have visitors in your home, including friends and family – except for essential care
- try to avoid contact with anyone you live with as much as possible
- people you live with do not need to self-isolate if you do not have symptoms
- people in your support bubble do not need to self-isolate if you do not have symptoms

If you live with someone at [higher risk from coronavirus](#), try to arrange for them to stay with friends or family for 14 days.

If you have to stay in the same home together, read about [how to avoid spreading coronavirus to people you live with](#).

---

### What is a support bubble?

A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household.

Find out more about [meeting people from outside your household on GOV.UK](#).