

Self-isolation guidance

Stay at home and self-isolate if you have any of the main symptoms of COVID-19 or if you have a positive LFD or PCR test result. Your self-isolation period includes the day your symptoms started (or the day test was taken if you do not have symptoms), and the next 10 full days.

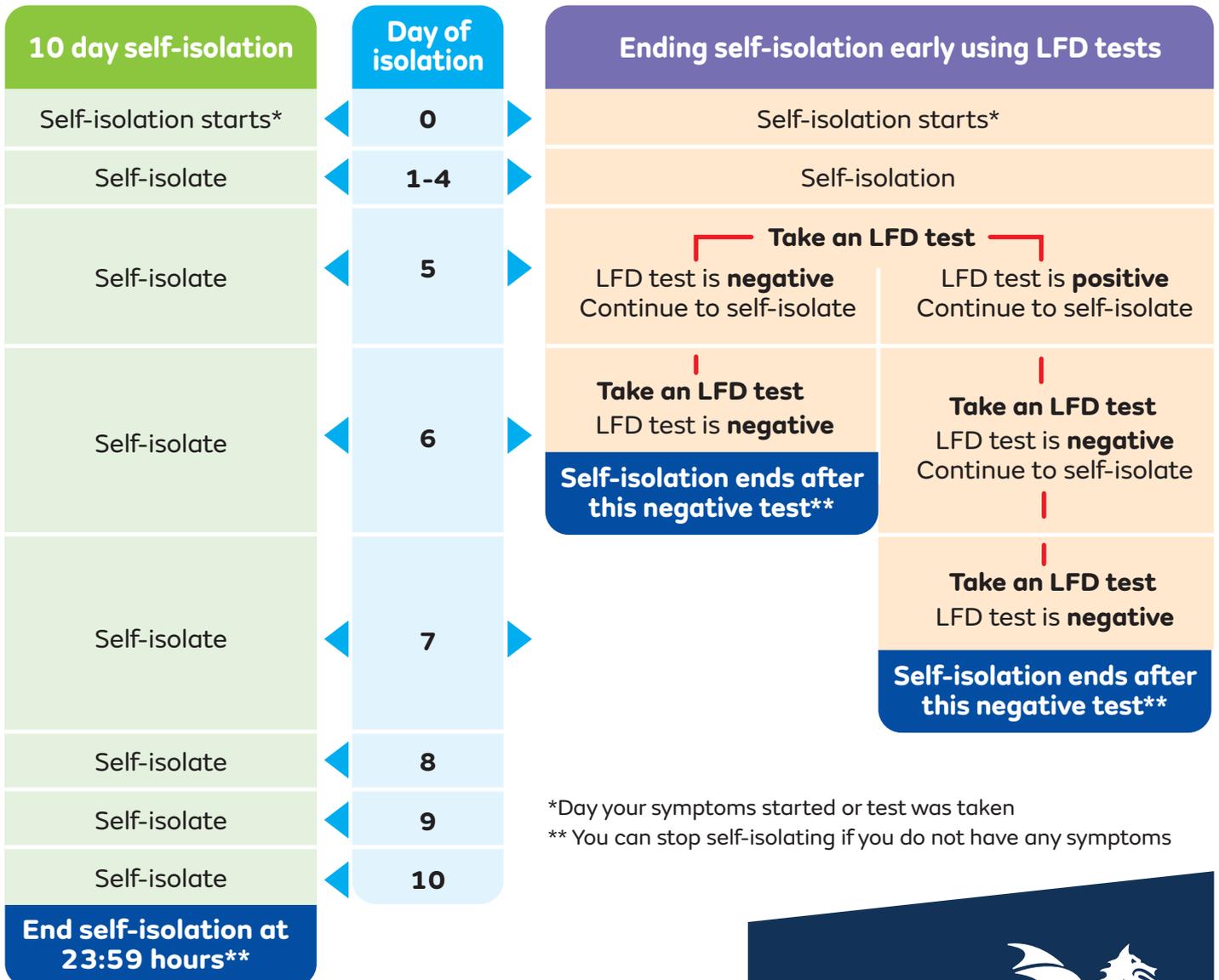
Day 1 is the day immediately following the day your symptoms started/test was taken.

You may be able to end your self-isolation period early by using LFD tests. You can take an LFD test 5 days after the day your symptoms started/date of test, and another LFD test on day 6. If both these

test results are negative, and you do not have any symptoms, you can end your self-isolation after the second negative test result.

If either of the LFDs taken on day 5 or day 6 is positive, you should remain in self-isolation until you have negative tests on two consecutive days or after day 10.

You do not need to take any more LFD tests after the 10th day of your self-isolation period and you may stop self-isolating after this day (as long as you are symptom free).



*Day your symptoms started or test was taken

** You can stop self-isolating if you do not have any symptoms

Cyngor Sir Gâr
Carmarthenshire
County Council

