## How self-isolation rules work

Information for people with symptoms or a positive test result



Day 0	Symptoms begin or test taken
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Day 1 Begin counting self-isolation days

Day 2

Day 3

Day 4

Day 5

Begin home testing

Day 6

Day 7

Day 8

Day 9

**Day 10** 

Self-isolation can end with two negative tests taken on consecutive days\*

\* if you do not have a high temperature

Isolation ends for everyone after 10 full days – no test required