



# SELF-ISOLATION EXPLAINED



Have you recently been in contact with someone who has tested positive for coronavirus?

Under 18?

You don't have to isolate.  
We advise you to take a PCR Test.

Double Vaccinated?

Yes

No

Self-isolate for 10 days,  
starting from the day you  
were in close contact.

We also advise you to take  
a PCR Test.

Regardless of your result,  
you still have to isolate.

Showing symptoms?

No

Yes

We advise you to take  
a PCR Test.

If it's negative, you don't need  
to isolate.

If it's positive, self-isolate for 10  
days, starting from the day you  
were in close contact.

Self-isolate and take a PCR Test

Negative

Positive

You don't need to isolate.

Self-isolate for 10 days,  
starting from the day you  
were in close contact.

**Everyone** is being encouraged to take two rapid tests a week,  
including close contacts who get a negative PCR result.

Self-isolation means staying at home and not leaving, not even to  
go for a walk, or to get food & essentials.

Find out about self-isolation support in BwD at  
[www.blackburn.gov.uk/coronavirus/support-residents](http://www.blackburn.gov.uk/coronavirus/support-residents)