

COVID-19 Stay at Home Guidance (15/04/2020)

Main messages:

- If you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.
- After 7 days, if you do not have a high temperature, you do not need to continue to self-isolate. If you still have a high temperature, keep self-isolating until your temperature returns to normal. You do not need to self-isolate if you just have a cough after 7 days, as a cough can last for several weeks after the infection has gone
- If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.
- For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

N.B. Whilst a 7 day isolation is recommended for those who are symptomatic, care home residents are a particularly vulnerable group and their immune response may differ from younger, normally healthier individuals. Therefore, a 14 day period of isolation is recommended for residents in care homes.

Please direct queries to:

Healthprotection@gloucestershire.gov.uk

		DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
		Person in household																						
Example household 1	A	X	+7 days from becoming ill					✓																
	B			X	+7 days from when they became ill						✓													
	C				+14 days from person A becoming ill											✓								
	D				+14 days from person A becoming ill											✓								
Example household 2	A	X	+7 days from becoming ill					✓																
	B			X	+7 days from becoming ill						✓													
	C													X	+7 days from when they became ill						✓			
	D				+14 days from person A becoming ill											✓								

Key: X = when illness started - first day of symptoms
✓ = allowed to go out again

From Public Health England (2020) - Stay at Home guidance for households: current guidelines illustrated

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