

You may be able to end your self-isolation period before the end of the 10 full days. You can take an LFD test from 5 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

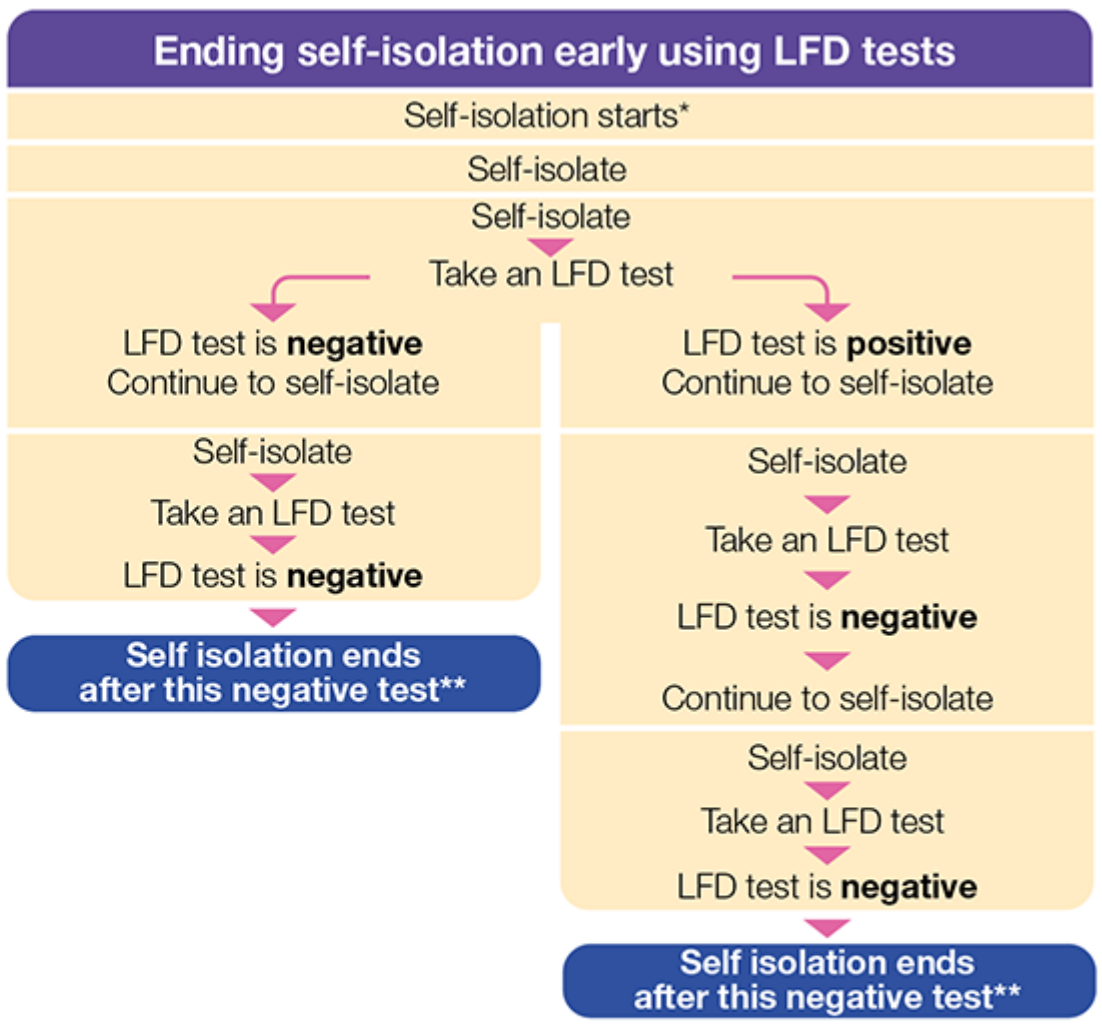
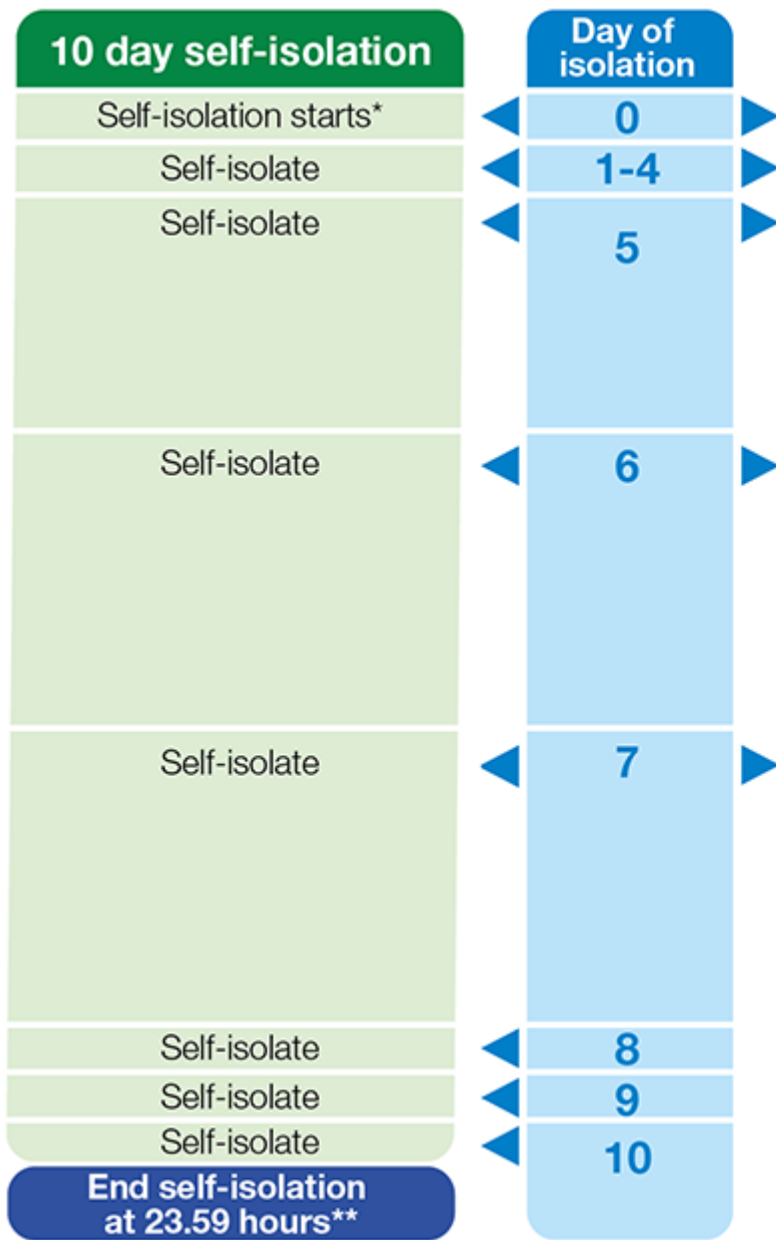
[Report your LFD test results](#) after taking each test.

You should not take an LFD test before the fifth day of your self-isolation period, and you should only end your self-isolation after you have had 2 negative LFD tests taken on consecutive days. You should stop testing after you have had 2 consecutive negative test results.

This guidance also applies to children and young people who usually attend an education or childcare setting.

You will be unable to use either your domestic or travel NHS COVID Pass for 10 days following a positive test result.

Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result



* Day your symptoms started or your test was taken if you do not have symptoms

** You can stop self-isolating if you do not have a high temperature

This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), you may take daily LFD tests from the 20th of the month. If your LFD test results are negative on the 20th and 21st, and you do not have a high temperature, you may end your self-isolation period after the negative test result on the 21st of the month.

If both your LFD test results are negative, it is likely that you were not infectious at the time the tests were taken. To further reduce the chance of passing COVID-19 on to others, if you end your self-isolation period before 10 full days you are strongly advised:

- to limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- to work from home if you are able to
- in addition to venues where it is a legal requirement, to wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- to follow the [guidance on how to stay safe and help prevent the spread of COVID-19](#)

You should follow this advice until 10 full days from when your self-isolation period started.

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. This is because you are unlikely to be infectious after the 10th day of your self-isolation period. Even if you have a positive LFD test result on the 10th day of your self-isolation period you do not need to take any more LFD tests after this day and you do not need a follow-up PCR test. If you are concerned you may choose to limit close contact with other people, especially those who are at higher risk of severe illness until 14 days after the start of your self-isolation period.