|  |  |  |
| --- | --- | --- |
|   | Days |   |
| 0 |   | Symptoms begin or test taken |
| 1 |   | Begin counting self -isolation days |
| 2 |   |   |
| 3 |   |   |
| 4 |   |   |
| 5 |   | Begin home testing |
| 6 |   | Unless you have a high temperature, self-isolation can end with two negative tests taken at least 24 hours apart. |
| 7 |   |
| 8 |   |
| 9 |   |
| 10 |   | No test required. Isolation ends at 23:59 |
|  |  |  |

How the five-day self-isolation works