|  |  |  |
| --- | --- | --- |
|  | 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