NHS

Test and Trace

Covid-19: Self-isolation

When should you self-isolate?

There are new rules **from 16 August.**
Here's what to do if:

You've had a positive PCR test:

You need to **self-isolate,** even if you've been vaccinated

You have symptoms of Covid-19:

You should **self-isolate** and **take a PCR test** even if you've been **double-jabbed**

You've been in contact with someone who's tested positive for Covid-19:

If you're 18 or over and **not double-jabbed** you'll need to **self-isolate**

If you're **double-jabbed,** or if **you're under 18, take a PCR test,** but only self-isolate if it's positive

gov.uk/guidance/nhs-test-and-trace-how-it-works