

# How to work out your 10 days of self-isolation



*start over if you test positive*

Find out what you need to do if:

**you are positive for COVID-19**

**you are a Household Contact (living with a positive case)\***

**Day 0**

The day you test positive or start experiencing symptoms, whichever is earliest.

Your Day 0 is the same Day 0 as the first positive case in your household.

**Day 3**

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Get a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.

**Day 10**

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Get a Day 10 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.

**Day 11**

After 10 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.

After 10 days, as long as you have a negative Day 10 test result and no COVID-19 symptoms, you will be free to leave self-isolation.