



*If someone who is asymptomatic has a positive COVID-19 result, timings for self-isolation should start from date that the test (swab) was taken
 **Note that 'contacts of contacts' (e.g. a close contact's partner who did not themselves have close contact with index individual) do NOT need to self-isolate unless the index individual's close contact develops symptoms that suggest possible COVID-19

This is general guidance for self-isolation in England, but always follow advice from public health professionals for your own specific situation