

Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

If you live in the same household as a person who has symptoms of coronavirus (COVID-19) or who has received a positive LFD or PCR test result, follow the [Stay at home: guidance for households with possible or confirmed COVID-19](#). (Below)

If you have been in close contact with, but do not live with, a person who has tested positive for COVID-19, follow the guidance below.

The advice for people who have a positive LFD test result has changed. They are no longer required to have a follow-up PCR test, and they should stay at home and self-isolate immediately.

People who have a positive LFD test result should only have a follow-up PCR test if:

- they wish to claim the Test and Trace Support Payment
- they have a health condition that means they may be suitable for new COVID-19 treatments
- they are taking LFD tests as part of research or surveillance programmes, and the programme asks them to do so

What to do if you are a contact of someone who has tested positive for COVID-19

If you are informed by NHS Test and Trace that you are a contact of someone who has had a positive LFD or PCR test result for COVID-19, you are legally required to stay at home and self-isolate **unless you meet one of the following conditions:**

- **you are fully vaccinated. Fully vaccinated means you have had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); you are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine**
- **you are aged under 18 years old**
- **you have taken part in or are currently part of an approved COVID-19 vaccine trial**
- **you are not able to get vaccinated for medical reasons**

If you notified by NHS Test and Trace that you are a contact of someone who has had a positive LFD or PCR test result for COVID-19, and you are aged over 18 years and **not fully vaccinated**, you are legally required to self-isolate. Self-isolation means you must stay at home and not leave the house. Do not go to work, school, or public areas, and do not use public transport or taxis. There is further information on how to self-isolate later in this guidance. Do not go outside even to buy food or other essentials, except in certain specific circumstances. Any exercise must be taken within your home, garden or private outdoor space.

How long do I need to self-isolate for?

If you are legally required to self-isolate, your isolation period includes the date of your last contact with the person who has a positive LFD or PCR test result for COVID-19, and the next 10 full days. This means that if, for example, your last contact with them was at any time on the 15th of the month your isolation period ends at 23:59 on the 25th.

If you are legally required to self-isolate because you are not fully vaccinated and you are a contact of someone with COVID-19 who you do not live with, your household does not need to self-isolate with you. People in your household should take extra care to follow the guidance on [how to stay safe and help to prevent the spread of COVID-19](#).

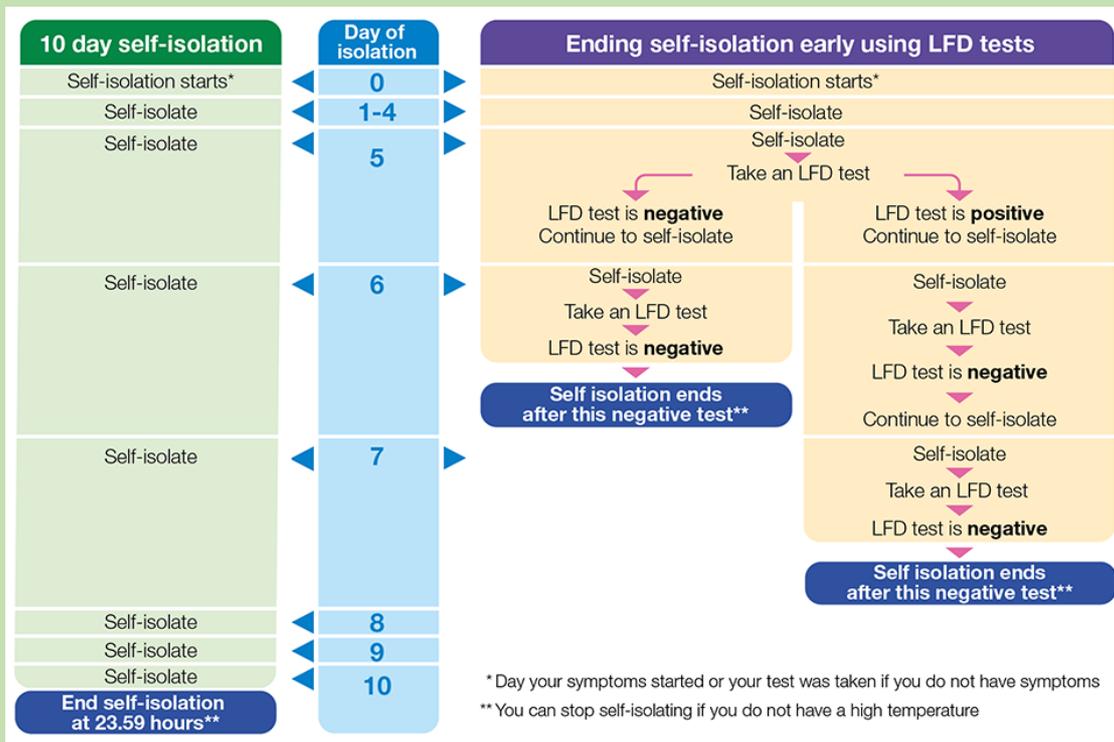
Contacts who are not legally required too self- isolate:

If you have been in contact with someone who has tested positive for COVID-19, you are not legally required to self-isolate if you are fully vaccinated or are below the age of 18 years. You are also not legally required to self-isolate if you have taken part in or are currently part of an approved COVID-19 vaccine trial or you are not able to get vaccinated for medical reasons.

Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection. Updated 17 January 2022

What has changed?

The self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 5 full days if you have 2 negative LFD tests taken on consecutive days. The first LFD test should not be taken before the fifth day after your symptoms started (or the day your test was taken if you did not have symptoms). The self-isolation period remains 10 full days for those without negative results from 2 LFD tests taken a day apart.





<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://fortel.co.uk/covid-19>

<https://www.mind.org.uk/>

<https://mhfaengland.org/>

<https://www.lighthouseclub.org/>