



If you live in the same household as someone with COVID-19

Follow separate [guidance if you have had contact with someone who has tested positive for COVID-19 but do not currently live in the same household as them.](#)

Anyone who has symptoms of COVID-19 should stay at home, self-isolate immediately and order a PCR test.

If you do not have symptoms of COVID-19 and live in the same household as someone with COVID-19, you are legally required to self-isolate unless you meet any 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 below 18 years 6 months
- 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 meet any of these four conditions (and are therefore not legally required to self-isolate), follow the guidance on the link for [contacts who are not legally required to self-isolate.](#)

Household contacts who are not required to self-isolate

If you live in the same household as someone with COVID-19 you are at significantly higher risk of becoming infected yourself.

If you are fully vaccinated or aged under 18 years and 6 months, and you live in the same household as someone with COVID-19, you are not legally required to self-isolate. 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 are not able to get vaccinated for medical reasons.

Please wash your PPE as often as possible



COVID-19 vaccines reduce the risk of you becoming severely ill if you catch COVID-19. If you are vaccinated against COVID-19 you may still catch it and pass it on to others, even if you do not have any symptoms.

LFD tests are very good at identifying people who have high levels of coronavirus and are most likely to pass on infection to others, even if you do not have symptoms. You are therefore strongly advised to take daily LFD tests during the period you are at highest risk of becoming infected yourself.

If you are aged 5 years and over and live in the same household as someone with COVID-19, and are not legally required to self-isolate, you are strongly advised to:

- take an LFD test every day for 7 days, or until the household member who has COVID-19 reaches the end of their self-isolation period if this is earlier
- take this daily LFD test before you leave your home for the first time that day

If you take an LFD test and the result is positive, you should immediately self-isolate to prevent you from passing the infection on to other people. You should [arrange to have a PCR test](#). If this PCR test result is positive, you must self-isolate for 10 full days starting from the date the PCR test was taken. If this PCR test result is negative, you can stop self-isolating but you should continue to take your daily LFD tests.

If your daily LFD test result is negative, it is likely that you were not infectious at the time the test was taken. To further reduce the chance of passing COVID-19 on to others, you are strongly advised to:

- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- follow the [guidance on how to stay safe and help prevent the spread](#)

Follow this advice until the household member who has COVID-19 reaches the end of their self-isolation period.

<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/>

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