

Self-isolation for NHS staff

Received a positive COVID-19 test result



Isolate for 10 days

Take a lateral flow test on day 5 and day 6, 24 hours apart



Negative test result



If negative LFT on day 6, you can return to work on day 6 (if negative LFT 24 hours prior on day 5)



Positive test result

Continue to isolate for 10 days.



There is no change to testing of staff who are contacts of someone confirmed COVID-19 positive; they must:

- stay at home and self-isolate if not fully vaccinated
- if fully vaccinated - arrange a PCR test and can return to work if it is confirmed negative (if positive, isolate as above).

For further guidance please see [here](#).

If you continue to test positive following day 10 and are asymptomatic - contact your employer to undertake a local risk assessment.

If symptomatic do LFT until a negative result/ asymptomatic or until day 14.