**Self-isolation helps stop coronavirus spreading**

Do not leave your home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

This is called self-isolation.

If you are self-isolating, you must:

* not leave your home for any reason, other than to exercise once a day – but stay at least 2 metres (3 steps) away from other people
* not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
* not have visitors, such as friends and family, in your home

You can use your garden, if you have one

**If you're not sure if you need to self-isolate**

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](https://111.nhs.uk/covid-19/) to find out what to do.

**How long to self-isolate**

**If you have symptoms**

If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

After 7 days:

* if you do not have a high temperature, you do not need to self-isolate
* if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

**If you live with someone who has symptoms**

If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms, you can stop self-isolating after 14 days.

**After self-isolation**

You still need to stay at home when you finish self-isolating, but you can go out for essential trips such as buying food