Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result

10 day self-isolation	Day of isolation	Ending self-isolation early using LFD tests
Self-isolation starts*	0	Self-isolation starts*
Self-isolate	1-4	Self-isolate
Self-isolate	5	Self-isolate → Take an LFD test → LFD test is **negative** Continue to self-isolate / LFD test is **positive** Continue to self-isolate
Self-isolate	6	(Left) Self-isolate → Take an LFD test → LFD test is **negative** → **Self isolation ends after this negative test**** (Right) Self-isolate → Take an LFD test → LFD test is **negative** → Continue to self-isolate
Self-isolate	7	(Right) Self-isolate → Take an LFD test → LFD test is **negative** → **Self isolation ends after this negative test****
Self-isolate	8	
Self-isolate	9	
Self-isolate	10	
End self-isolation at 23.59 hours**		

* Day your symptoms started or your test was taken if you do not have symptoms

** You can stop self-isolating if you do not have a high temperature