

10 day self-isolation

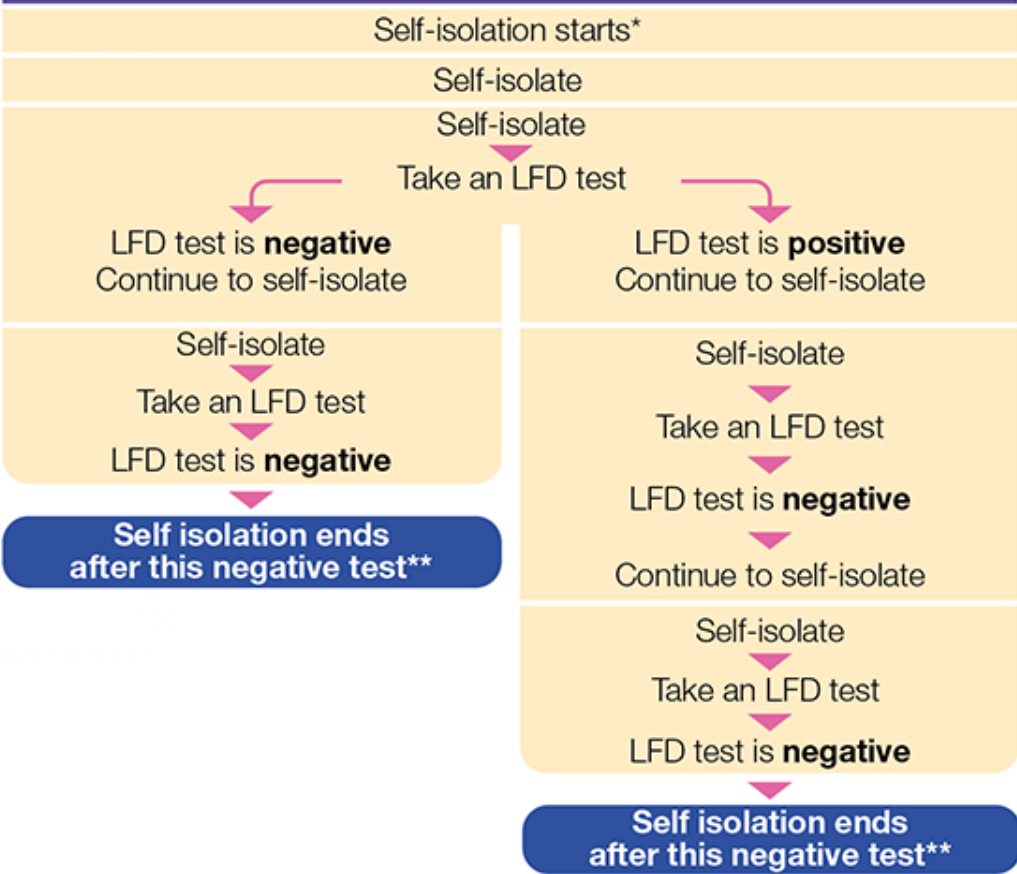
Self-isolation starts*
Self-isolate
Self-isolate
Self-isolate
Self-isolate
Self-isolate
Self-isolate
Self-isolate
Self-isolate
Self-isolate

Day of isolation

0
1-4
5
6
7
8
9
10

End self-isolation at 23.59 hours**

Ending self-isolation early using LFD tests



* 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