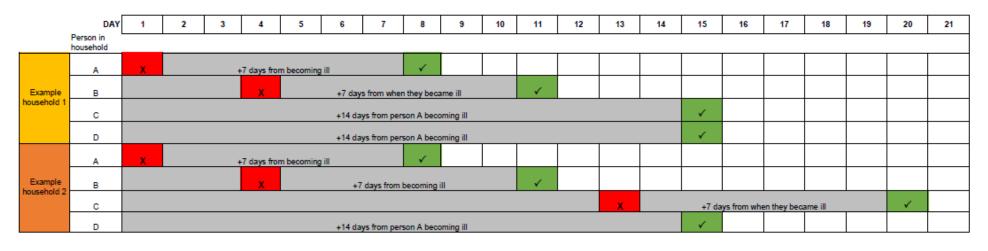
COVID-19 Stay at Home Guidance (15/04/2020)

Main messages:

- If you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.
- After 7 days, if you do not have a high temperature, you do not need to continue to selfisolate. 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, as a cough can last for several weeks after the infection has gone
- If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.
- For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.
- N.B. Whilst a 7 day isolation is recommended for those who are symptomatic, care home residents are a particularly vulnerable group and their immune response may differ from younger, normally healthier individuals. Therefore, a 14 day period of isolation is recommended for residents in care homes.

Please direct queries to:

Healthprotection@gloucestershire.gov.uk



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Key: x = when illness started - first day of symptoms

=allowed to go out again
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From Public Health England (2020) - Stay at Home guidance for households: current guidelines illustrated

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment data/file/874011/Stay at home guidance di agram.pdf