

# How long do you need to self-isolate for?



**10 days**  
If you have symptoms  
or a positive test



**14 days**  
If someone in your  
household has symptoms



**14 days**  
If you arrive back in the  
UK from abroad\*

*\*Excluding exempt countries*

**Book your test now by calling 119  
or visit [www.nhs/coronavirus](http://www.nhs/coronavirus)**

**You will be contacted by NHS Test and Trace if you have  
come into contact with an infected person.  
You must then isolate for 14 days**



HANDS



FACE



SPACE



[www.shropshire.gov.uk](http://www.shropshire.gov.uk)