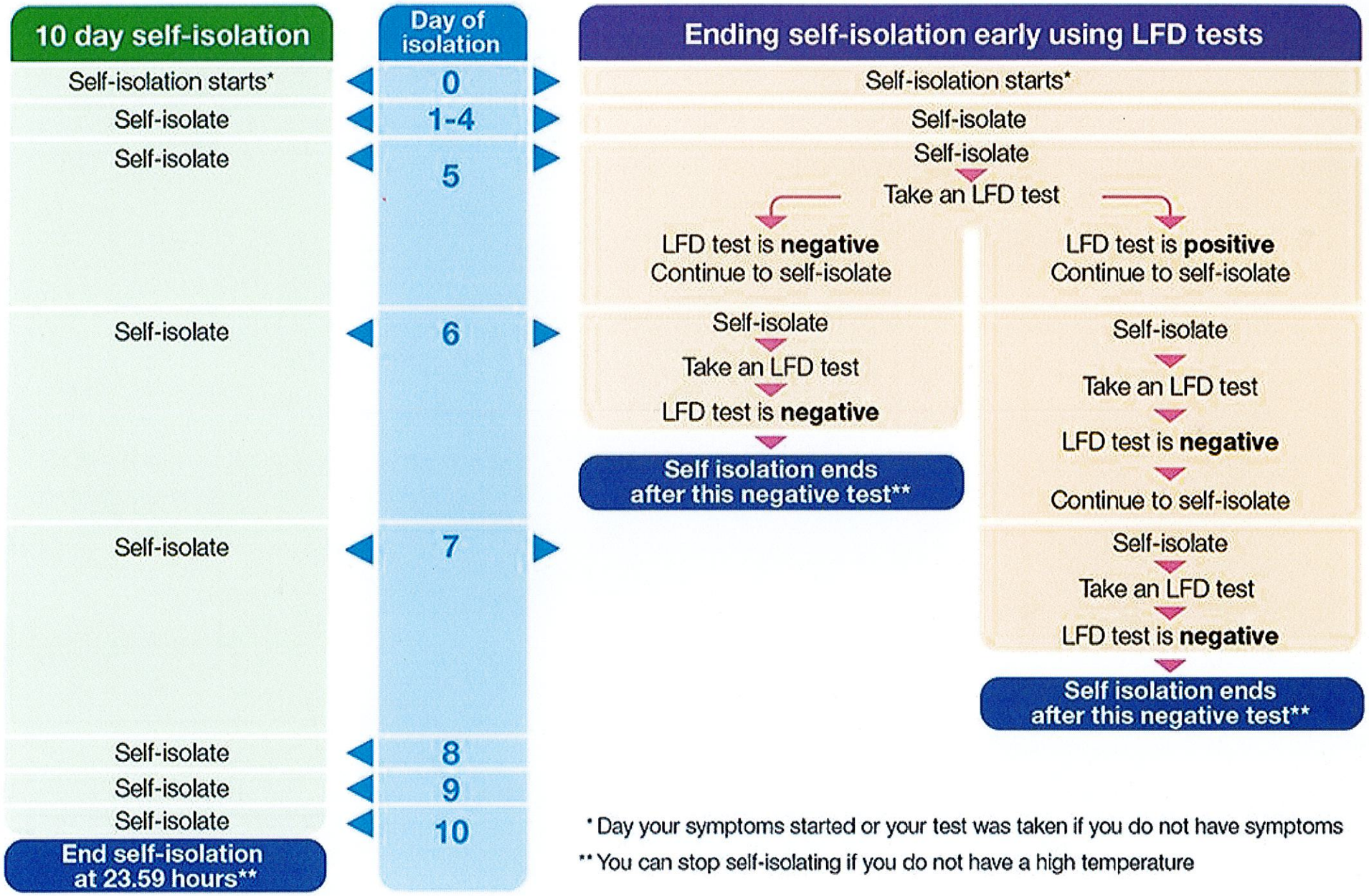
10 day self-isolation
Day of isolation
Ending self-isolation early using LFD tests
Self-isolation starts*
0
Self-isolate
1-4
Self-isolate
5
Self-isolate
Take an LFD test
LFD test is negative
Continue to self-isolate
LFD test is positive
Continue to self-isolate
Self-isolate
6
Self-isolate
Take an LFD test
LFD test is negative
Self isolation ends after this negative test**
Self-isolate
Take an LFD test
LFD test is negative
Continue to self-isolate
Self-isolate
7
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