

## New Government Advice Regarding Testing and Self-isolation Periods

Individual tests positive (PCR or LFD test) for COVID-19 (day 0) with or without symptoms

Day 1 self-isolate, Day 2 self-isolate, Day 3 self-isolate, Day 4 self-isolate

Day 5 self-isolate  
returns a **negative** LFD test result

Day 5 self-isolate  
returns a **positive** LFD test result

**Day 6** conduct another LFD test at least **24 hours** after the day 5 test = **negative** = self-isolation ends, so long as individual does not have a temperature.

Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces, work from home if they can do so and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.

**Day 6** conduct another LFD test = **positive** = continue to self-isolate  
**Day 7** conduct another LFD test = **positive** = continue to self-isolate  
**Day 8** conduct another LFD test = **positive** = continue to self-isolate  
**Day 9** conduct another LFD test = **positive** = continue to self-isolate  
**Day 10** conduct another LFD test = **positive** = continue to self-isolate  
**Day 11** if asymptomatic (no temperature) return to daily activities

Please note - During days **6 to 10** if two **negative** LFD tests are returned, taken **24 hours** apart on consecutive days, self-isolation can cease and the individual can return to normal daily activities (so long as they do not have a temperature).

Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces, work from home if they can do so and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.

**This flowchart applies to adults and children and young people who have tested positive for COVID-19 (regardless of vaccination status)**

**All adults (older than 18 years and 6 months) who are not fully vaccinated and deemed to be a close contact MUST isolate for 10 days.**