



### **Covid-19 Self Isolation – Who is a Contact?**

- Someone you have been in close face to face contact (under 1 metre) with for any length of time – in the 2 days prior to their symptoms starting
- Being within 1 to 2 metres of someone (in the 2 days prior to their symptoms starting) for more than 15 minutes – inc. travel in small vehicles.

### **What happens when we are identified as a contact?**

- If someone in your household tests positive, stay at home for 14 days
- You may also be identified as a workplace contact and asked to self-isolate for 14 days
- If you develop symptoms book a test
  - If your test is negative – you still need to stay at home until 14 days is up
  - If you test positive, you start a new 7 day isolation