

**There is a lot of confusion over the difference between social distancing and self-isolation.
We hope the information below will help.**

Action	People affected	How it works
<p>1. Social Distancing</p>	<ul style="list-style-type: none"> • Aged 70 or older (regardless of medical conditions) • Under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds): • Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (copd), emphysema or bronchitis • Chronic heart disease, such as heart failure • Chronic kidney disease • Chronic liver disease, such as hepatitis • Chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy • Diabetes • Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed • A weakened immune system as the result of conditions such as hiv and aids, or medicines such as steroid tablets or chemotherapy • Being seriously overweight (a body mass index (BMI) of 40 or above) • Those who are pregnant <div style="text-align: center;">  </div>	<p>Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).</p> <p>You should:</p> <ul style="list-style-type: none"> ✓ Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough ✓ Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible ✓ Work from home, where possible. Your employer should support you to do this. Please refer to employer guidance for more information ✓ Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs ✓ Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media ✓ Use telephone or online services to contact your GP or other essential services ✓
<p>2. Self-Isolation (living alone)</p>	<p>Anyone who has a fever and/or persistent new cough (including those detailed above) who is the ONLY person in the household</p> <div style="text-align: center;">  </div>	<p>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.</p> <p>If you have been symptomatic, then you may end your self-isolation after 7 days. The 7-day period starts from the day when you first became ill.</p> <p>You should only end self-isolation if you have no longer have a fever.</p> <p>If you belong to any of the groups detailed in 1. (above) you should practice social distancing as outlined even when your self-isolation is ended.</p>

3.
Self-isolation
(households)

Anyone who lives in a household where one or more people (including those detailed in 1. above) have a fever and/or persistent new cough



After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine.

If living with others, then all household members **who remain well** may end household-isolation after 14 days.

The 14-day period starts from the day illness began in the first person to become ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14 days are unlikely to be infectious.

If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (for example, on day 13 or day 14) the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days. The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to restart 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

At the end of the 14-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact NHS 111 online. If your home has no internet access, you should call NHS 111.

If you belong to any of the groups detailed in 1. (above) you should practice social distancing as outlined even when your self-isolation is ended.