

# Coronavirus isolation timeline



## If you have symptoms and live alone

Live alone? If you start having coronavirus symptoms, even mild ones, you must stay at home for 7 days from that point.

7 DAYS ISOLATION



## If you have symptoms and live with others

If anyone in your household has symptoms, then the whole household must isolate for 14 days to avoid spreading the virus. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to their normal routine.** All other family members who have not had symptoms need to isolate for the full 14 days.

14 DAYS HOUSEHOLD ISOLATION

## If you develop symptoms during the 14-day period

It is likely that people within the same household will infect each other. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to their normal routine.** All family members who have not had symptoms will need to isolate for the full 14 days.



7 DAYS ISOLATION

## Even if you develop new symptoms late in the 14-day period

Should a household member develop coronavirus symptoms late in the 14-day household-isolation (e.g. day 13 or 14), that person must stay at home for 7 days. **This doesn't extend the 14-day period for others.**



7 DAYS ISOLATION

**19 March 2020**

For more information go to  
[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)

