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**Update to self-isolation period for people who are close contacts of confirmed COVID-19 cases: Friday 11th December 2020**

On Friday 11th December the Chief Medical Officer issued the following:

“Self-isolation is essential to reducing the spread of COVID as it breaks the chains of transmission. After reviewing the evidence, we are now confident that we can reduce the number of days that contacts self-isolate from 14 days to 10 days.

This change will apply in England, Scotland and Northern Ireland from 00:01am on Monday 14 December. It already applies in Wales.

People who return from countries which are not on the travel corridor list should also self-isolate for 10 days instead of 14 days.

People who test positive should continue to self-isolate for 10 days from onset of symptoms or 10 days from point of taking a positive test if asymptomatic.”

On Monday 14 December, the change to the isolation period for contacts will apply to all those who are currently self-isolating including those who commenced self-isolation before Monday.

(<https://www.gov.uk/government/news/uk-chief-medical-officers-statement-on-the-self-isolation-period-11-december-2020>)

This means that:

* From Monday 14th we will be advising that people need to isolate for 10 days rather than 14 days from their last day of contact with the confirmed case
* On Monday 14th, if you are on day 11 or later of a 14 day isolation, you can stop self-isolating providing you do not have any symptoms of coronavirus, if you have symptoms get a test
* You cannot stop self-isolating before Monday 14th even if you’ve already done 10 days

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