

What to do if you or someone in your household has signs of illness



If you have signs of illness and live alone

If you start having signs of illness you must not leave your home for 7 days from that point.

→
7 DAYS ISOLATION



If you have signs of illness and live with others

If you live with other people they should stay at home for 14 days. If they feel better after 7 days and don't have a temperature, **you can return to social distancing measures.** All the other people you live with **need to stay at home for the full 14 days.**

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14 DAYS HOUSEHOLD ISOLATION

Everyone that you live with has to self isolate for 14 days.

People might show signs of illness during this time.



→
7 DAYS ISOLATION

They have to stay at home if they shown signs late in the 14 days.

This might be on day 13.

This means they might have to stay at home for more than 14 days in total



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7 DAYS ISOLATION

CORONAVIRUS

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**

If your symptoms worsen or have not improved in 7 days, phone 111. For the latest guidance on social distancing and isolation advice go to nhsinform.scot/coronavirus