



Scottish Government Advice from January 2022

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Changes to self isolation if you test positive for Covid.

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Self Isolate for ten days. Unless...

You have no fever.

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A negative lateral flow on day 6.

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A negative lateral flow on day 7 (24 hours later).

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You can stop isolating after 7 days.



Close contacts of positive cases who...

are younger than 18 years and four months old.



or

have had at least two vaccines plus the booster.



Do not need to isolate if...

If you do a lateral flow every day for 7 days.

+

and

The lateral flow is negative.

+

If you test positive, you must self isolate.



Close contacts of positive cases who...

are over 18 years and four months old.

+

and

not fully vaccinated.



You need to...

self isolate

for 10 days

+

and

take a PCR test.

Communication Friendly @SchoolsNlc

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