



# Living safely this winter

## Changes to Self-Isolation and Testing

**Positive Case (LFD or PCR)**

**Day one is counted from the first day of positive test or exposure to close contact**

**Close Contact\***

**ACTION: DAY ONE**  
Self-isolate immediately

**ACTION: DAY SIX**  
LFD test on day 6 and report results at [covidtest.scot](https://covidtest.scot)

**ACTION: DAY SEVEN**  
LFD test on day 7 (24 hours after previous test) and report results at [covidtest.scot](https://covidtest.scot)

Both negative and no fever

Both or one result positive

**ACTION**  
End isolation and continue with protection measures

**ACTION**  
LFD test 24 hours after last one and report results at [covidtest.scot](https://covidtest.scot)

No negative LFD tests 2 days in a row between day 6 and 10 or if fever is present

Two negative LFD tests in a row between day 6 and 10 with no fever

**ACTION**  
Self-isolate for the full 10 days

**ACTION**  
End isolation and continue with protection measures

Positive LFD tests no longer require a confirmatory PCR test. This applies regardless of vaccine status unless advised to or are applying for the self-isolation support grant.

Are you triple vaccinated or under 18 years and 4 months?

Yes

No

**ACTION**  
Take LFD tests on days 1 to 7. Each day, if you are negative and do not have any symptoms you do not need to isolate. If you have symptoms self-isolate and book a PCR, even if you have had a negative LFD that day. You must self-isolate until you receive the result. If you test positive (on LFD or PCR), self-isolate immediately and follow steps for 'Positive Case'. You should record your results for each test at [covidtest.scot](https://covidtest.scot)

**ACTION**  
Self-isolate immediately and book a PCR test

Positive PCR

Negative PCR

**ACTION**  
Self-isolate and follow advice for 'Positive case'

**ACTION**  
Self-isolate for the full 10 days

Vaccinated close contacts are advised to seek PCR testing if they develop symptoms (even with a negative LFD test). Testing for close contacts under 5 is not compulsory but encouraged.

\*Household and non-household

**For more details visit [NHSinform.scot/isolation](https://NHSinform.scot/isolation)**

Being fully vaccinated reduces your risk of serious ill-health or hospitalisation from COVID-19 and time in self-isolation if you are a close contact. If you are not fully vaccinated visit [NHSinform.scot](https://NHSinform.scot) or call **0800 030 8013** for details on how to get your first or next dose.

