

How long do I need to self-isolate for?

If someone in your house or flat develops symptoms of Covid-19

If someone in your house or flat falls ill or tests positive, the whole household needs to isolate for 10 full days.

If a second flatmate gets sick or tests positive, the rest of the flat does not need to restart their self isolation as long as this happens within the 10-day isolation period.

If the first person to get sick tests negative for Covid-19 from a PCR test taken within the first seven days of developing symptoms, then the flat isolation can end, as long as no one else has developed symptoms.

Please email healthsafety@sussex.ac.uk with details of your negative test result.

After your isolation period ends

If, at the end of your isolation, you still have a high temperature, you must remain in isolation and should seek medical advice from the NHS 112 number.

For on-campus housing, cleaners will not enter your flat for 72 hours after isolation has ended.

After day 10, flatmates 1, 3 and 4 can leave but flatmate 2 with symptoms must remain in isolation.

Day	Flatmate 1	Flatmate 2	Flatmate 3	Flatmate 4
1	Falls ill on day 1 and starts a 10-day isolation period for the whole household.	Starts isolation period.	Remains without symptoms throughout 10-day isolation period.	Remains without symptoms throughout 10-day isolation period.
2				
3				
4				
5				
6		Falls ill on day 6 and starts a new 10-day isolation period.		
7				
8				
9				
10				
11	Isolation period ends (day 11).		Isolation period ends (day 11).	Isolation period ends (day 11).
12				
13				
14	Isolation period ends (day 16).	Falls ill on day 13 and starts a new 10-day period of isolation. This would be a new case and would mean that all flatmates need to self-isolate as well.		
15				
16				
17	Isolation period ends (day 23).			
18				
19				
20				
21				
22				
23	Isolation period ends (day 23).			

How long do I need to self-isolate for?

If you are told to self-isolate due to being in contact with a confirmed case

If you are told to self-isolate due to close contact but you have no symptoms yourself, you need to isolate for 10 full days.

Getting a Covid-19 test does not change the need to self-isolate for 10 days.

The rest of your household does not need to self-isolate in this situation.

However, if anyone in the flat develops symptoms for Covid-19 then the whole flat will need to self isolate.

For on-campus housing, cleaners will not enter your flat for 72 hours after isolation has ended.

Day	Flatmate 1	Flatmate 2	Flatmate 3	Flatmate 4
1	Is told to self-isolate due to close contact with a person with a confirmed case of Covid-19.			
2				
3				
4				
5				
6				
7				
8				
9				
10				
11	Isolation period ends (day 11).			
12				
13				
14				
15				