**Self isolation period reduced to 7 days following negative LFD tests**

From Wednesday 22 December, new [guidance](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) will enable the 10-day self-isolation period for people who have tested positive for COVID-19 to be reduced to 7 days in most cases. People who receive negative LFD results on day 6 and day 7 of their self-isolation period – with tests taken 24 hours apart – will no longer have to self-isolate for the full 10 days. The first test must be taken no earlier than day 6 of the self-isolation period.

Those who leave self-isolation on or after day 7 are strongly advised to limit close contact with other people in crowded or poorly ventilated spaces, work from home and minimise contact with anyone who is at higher risk of severe illness if infected with COVID- 19. There is no change to the guidance for unvaccinated contacts of positive COVID-19 cases, who are still required to self-isolate for 10 full days after their date of exposure to the virus. Analysis by the UK Health Security Agency (UKHSA) suggests that a 7-day isolation period alongside 2 negative lateral flow test results has nearly the same protective effect as a 10-day isolation period without LFD testing for people with COVID-19.