

7. Contacts who are not legally required to self-isolate

If you have been in contact with someone who has tested positive for COVID-19, you are not legally required to self-isolate if you are fully vaccinated or you are below the age of 18 years. You are also not legally required to self-isolate if you have taken part in or are currently part of an approved COVID-19 vaccine trial or you are not able to get vaccinated for medical reasons.

COVID-19 vaccines reduce the risk of you becoming severely ill if you catch COVID-19. If you are vaccinated against COVID-19 you may still catch it and pass it on to others, even if you do not have any symptoms.

If you have had contact with someone who has COVID-19 you are at higher risk of becoming infected yourself. If you are not legally required to self-isolate, you are strongly advised to take daily LFD tests for 7 days.

LFD tests are very good at identifying people who have high levels of coronavirus and are most likely to pass on infection to others, even if you do not have symptoms. You are therefore strongly advised to take daily LFD tests during the period you are at highest risk of becoming infected yourself.

If you are aged 5 years and over and have been identified as a contact of someone with COVID-19, but are not legally required to self-isolate, you are strongly advised to:

- take an LFD test every day for 7 days, or until 10 days since your last contact with the person who tested positive for COVID-19 if this is earlier
- take this daily test before you leave the household for the first time that day

If you have been informed by NHS Test and Trace that you are a contact of someone who has tested positive for COVID-19 but they have not been able to tell you the date you had contact with this person, you should take an LFD test every day for 7 days.

If you take an LFD test and the result is positive, you should immediately self-isolate to prevent you from passing the infection on to other people and follow the [Stay at home guidance](#). You should start a new self-isolation period, starting from the date the positive test was taken.

If your LFD test result is negative, it is likely that you were not infectious at the time when the test was taken. To further reduce the chance of passing COVID-19 on to others, you are strongly advised to:

- limit close contact with people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- work from home if you are able to
- wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- limit contact with anyone who is at higher risk of severe illness if infected with COVID- 19
- follow the guidance on [how to stay safe and help prevent the spread](#)

Follow this advice for the 10 days after your most recent contact with the person who has tested positive for COVID-19.

If you are a health or social care worker who has been identified as a close contact and are exempt from self-isolation, there is [additional guidance available](#) that you should follow to reduce the risk of spread of COVID-19 in these settings.

Children and young people aged under 18 years who usually attend an education or childcare setting and who have been identified as a close contact should continue to attend the setting as normal.

Regular LFD tests are not recommended for children aged under 5. If they live with someone who has COVID-19 they are not legally required to self-isolate, but you should limit their contact with anyone who is at higher risk of severe illness if infected with COVID-19.

If you develop any of the main [symptoms](#) of COVID-19 at any time, even if these are mild, self-isolate immediately, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).