

A guide for households on when to test for COVID-19 and how long to isolate for

The following scenarios are based on a family of four living in the same household

Adult 1
Adult 2
Child 1
Child 2



SCENARIO 1

Adult 1 is tested and is positive.

Adult 1 must isolate for 10 days.
Everyone else in the household must also isolate for 10 days.

SCENARIO 2

Child 1 is displaying one of the classic symptoms of COVID-19.

Child 1 must isolate for 10 days (or longer if need be) until fit and healthy.
Everyone else must also isolate for 10 days.

If child 1 returns a negative test result then isolation ends for each household member with immediate effect.

If no result is obtained and the symptoms are reported as COVID-based symptoms, then isolation periods and the fit and healthy criteria should be adhered to.

SCENARIO 3

Adult 2 has tested positive and the household is isolating. Child 1 is subsequently tested and is negative.

Adult 2 must isolate for 10 days (or longer if need be) until fit and healthy.
Everyone else must also isolate for 10 days.

A negative test result only means that you are not infected at the time of the test – the 10 day isolation period for contacts of a positive case is to allow for transfer, infection and recovery to be realised.

SCENARIO 4

Child 1 has been to a party and has no symptoms. TTP identifies that there was a positive case at the party who was infectious at the time, but did not display symptoms. TTP identify Child 1 as a contact of the infected person.

Child 1 must isolate for 10 days from the date of the party (the point of exposure) – this will be communicated to them through TTP.
Everyone else can continue as normal.

If Child 1 develops symptoms during isolation, they should book a test.
If negative, they must still isolate for the duration.

If positive then everyone - both the child and the rest of the household - must isolate for 10 days from the onset of symptoms.