



COVID-19 UPDATE

Update on Self- Isolation Period with effect from 14th December 2020

This is taken from Gov.uk website:

'After reviewing the evidence, we are now confident that we can reduce the number of days that contacts self-isolate from 14 days to 10 days.

People who return from countries which are not on the travel corridor list should also self-isolate for 10 days instead of 14 days.

People who test positive should continue to self-isolate for 10 days from onset of symptoms or 10 days from point of taking a positive test if asymptomatic.'

<https://www.gov.uk/government/news/uk-chief-medical-officers-statement-on-the-self-isolation-period-11-december-2020>