

## Stay at Home guidance for households: current guidelines illustrated

Criteria and guidance applied as known on 17/03/2020:

\* Incubation period = maximum 14 days

\* Symptomatic individuals stay in self isolation for 7 days from becoming ill (having symptoms). Day 1 is first day of symptoms

\* Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

\* **Household members do not need to restart the clock if other members become symptomatic during the 14 days self-isolation**

Days Persons		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
scenario 1	A	X	+7 days from becoming ill						✓															
	B				X	+7 days from becoming ill						✓												
	C	14 days from A becoming ill														✓								
	D	14 days from A becoming ill														✓								
scenario 2	A	X	+7 days from becoming ill						✓															
	B				X	+7 days from becoming ill						✓												
	C														X	+7 days from becoming ill						✓		
	D	14 days from A becoming ill														✓								

Key: X =ill/having symptoms  
✓ =allowed to go out again