

COVID-19 Isolation Advice for Households

If you or anyone in your household develops COVID-19 symptoms, the household members with symptoms must get a test as soon as possible.

Everyone in the household **must** isolate **at least** until the test results are known.

You should do this even if you think the symptoms are mild and if you would normally continue to work.

If anyone in the household tests positive the whole household must continue to isolate:

- Anyone who has tested positive **must** isolate for 10 days from start of their symptoms
- Everyone else in the household **must** isolate for 14 days from the start of symptoms in the person who tested positive, regardless of their own test results.

If someone in your household has tested positive, then getting a negative test yourself does **not** shorten your isolation period.

Public Health Scotland have produced a simple graphic to make it easy to follow COVID-19 isolation advice for households. [Click here to download the graphic.](#)

Staff are reminded they should follow the rules and observe the [social distancing guidance at all times.](#)

Staff COVID-19 Testing

All staff are reminded that they can be seen quickly for a COVID-19 test through our own testing centre at West Glasgow ACH.

Both symptomatic Health and Social Care **staff** (including Care Home staff, GPs, Dentists and Community Pharmacists) and symptomatic **household** contacts can now arrange to have a test using the e-referral form opposite. Anyone who is **asymptomatic** should **not** apply for a test.

Referral will be by appointment which are available seven days a week.

Contact Tracing

Contact tracing is a process for identifying people at risk of coronavirus (COVID-19) infection because they've been physically close enough to a person who has tested positive. These people will be given advice to help reduce the risk of spreading the virus.

Contact tracing is a well-established public health intervention. Health protection teams have a lot of experience delivering contact tracing for a range of infectious diseases.

Contact tracing is part of the national Test and Protect approach to containing the virus.