Stay at Home guidance for households: current guidelines illustrated

Criteria and guidance applied as of 17/03/2020:
Incubation period = maximum 14 days
Day 1 is the first day of symptoms
The 14-day period starts from the day when the first person in the house became ill

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days
If anyone else in the household starts displaying symptoms, they stay at home for 7 days from when their symptoms appeared, regardless of what day they are on in the original 14-day isolation period.
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

	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	Person in household																					
Example household 1	A	X	+7 days from becoming ill						✓													
	B				X	+7 days from when they became ill						✓										
	C	+14 days from person A becoming ill														✓						
	D	+14 days from person A becoming ill														✓						
Example household 2	A	X	+7 days from becoming ill						✓													
	B				X	+7 days from becoming ill						✓										
	C													X	+7 days from when they became ill						✓	
	D	+14 days from person A becoming ill														✓						

Key: X = when illness started - first day of symptoms
✓ =allowed to go out again