

# Covid-19: staff self-isolation guide



University Hospitals Dorset  
NHS Foundation Trust

Scenario		Day 1	Days 2-5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11 onwards	...	Day 91
Staff member with symptoms fully vaccinated*		Self isolate. Seek PCR. If positive continue to self isolate for the next 10 days.	Continue to self isolate	Continue to self isolate. If well, complete LFD. If negative, repeat in 24 hours .	If remains well, repeat LFD. If negative risk assess return to work for tomorrow	Complete LFD. Return to work	Complete LFD	Complete LFD. If positive on days 6, 7, 8, 9 or 10 continue to self isolate and swab until negative result found	Stop LFD tests for the next 80 days unless identified as a contact		Restart twice weekly LFD tests
Staff member with COVID-19 symptoms fully vaccinated*		Seek PCR. If negative, return to work continuing to take twice weekly LFD tests									
Staff member with COVID-19 symptoms partially vaccinated**		Seek PCR. If positive, self isolate for 10 days	Continue to self isolate					If well, return to work on day 11	Stop LFD tests for the next 80 days unless identified as a contact		Restart twice weekly LFD tests
Staff member with COVID-19 symptoms partially vaccinated*		Seek PCR. If negative, return to work continuing to take LFD tests twice weekly									
Staff member identified as a household or community contact. Fully vaccinated* with no COVID-19 symptoms		PCR completed as part of contact screen. If positive, self isolate for 10 days		If well, complete LFD. If negative, repeat tomorrow	If remains well, repeat LFD. If negative risk assess return to work for tomorrow	Complete LFD. Return to work	Complete LFD	Complete LFD	Stop LFD tests for the next 80 days unless identified as a contact		Restart twice weekly LFD tests
Staff member identified as a household or community contact. Fully vaccinated* with no COVID-19 symptoms		PCR completed as part of contact screen. If negative, return to work completing 10 days of LFD tests									
Staff member identified as a household contact. Partially vaccinated**		Do not attend work. PCR completed as part of contact screen. Carry out 10 days of LFD tests.						If well, return to work on day 11	Stop LFD tests for the next 80 days unless identified as a contact		
Staff member with recent confirmed COVID-19 infection in the last 90 days	No routine lateral flow tests to be completed	Symptoms develop. Seek PCR test. If positive - assessment by IPC Team or Microbiologist on call to confirm re-infection						If well, return to work on day 11			
Staff member with recent confirmed COVID-19 infection in the last 90 days	No routine lateral flow tests to be completed	Identified as a contact. No PCR test required but to commence 10 days of lateral flow tests and risk assess to return to work. If any result positive, seek PCR test and await result self isolating in the interim.									

\*Vaccinated currently means 2 COVID-19 vaccines.

\*\* Not completed the 2 vaccines

Reference <https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings>

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