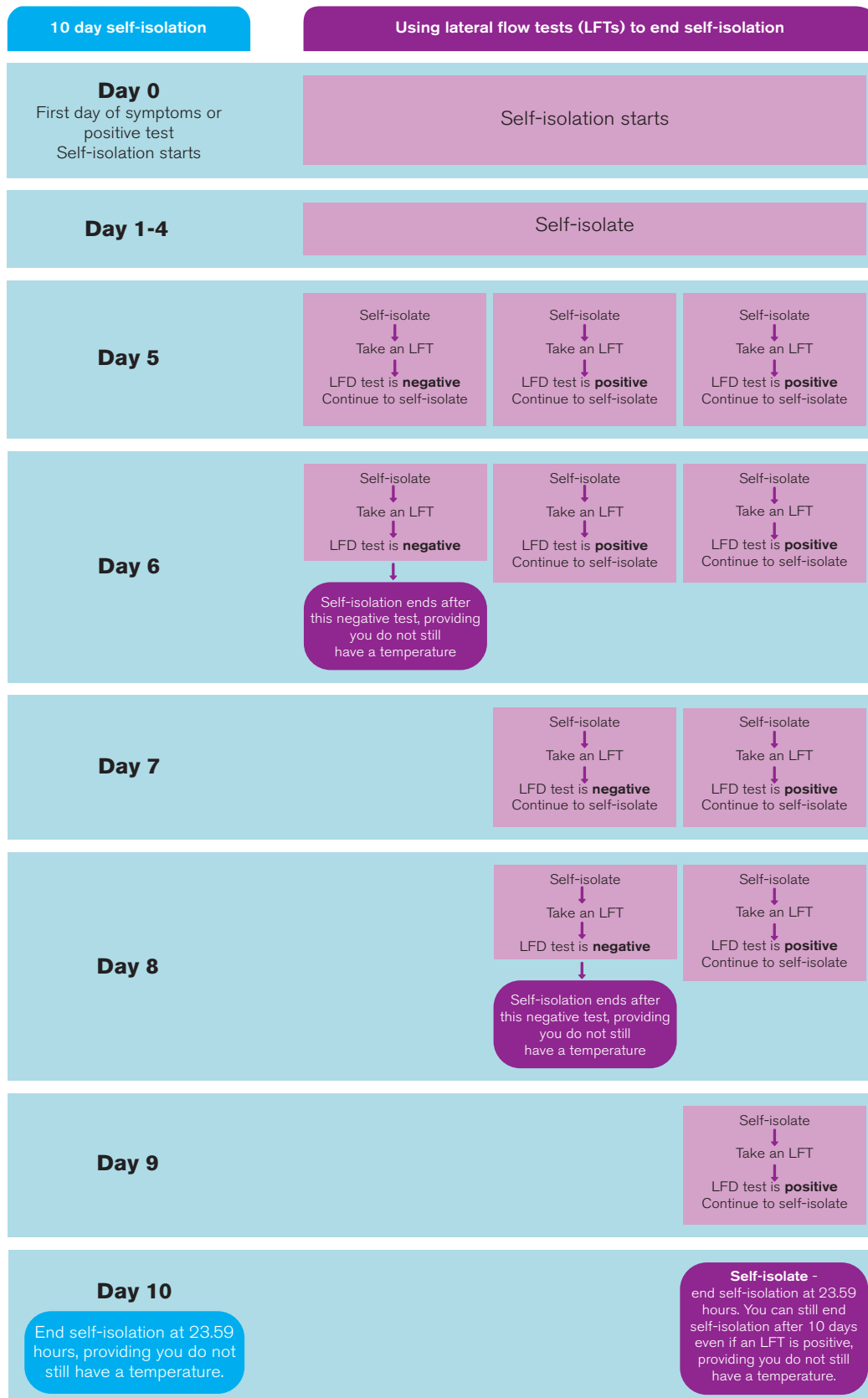# Using lateral flow testing to end self-isolation early

If you test positive for COVID-19, you must self-isolate for 10 days. You may be able to end self-isolation early if you test negative using a lateral flow test (LFT) for two days in a row, provided you do not have a high temperature.

You can take LFTs daily starting from day 5 until you get two consecutive negative ones 24 hours apart. The latest this would be in practice is days 9 and 10, meaning you could stop self-isolating on day 10 immediately after the negative test, rather than having to wait until midnight.

The diagram below shows how this can work.

10 day self-isolation	Using lateral flow tests (LFTs) to end self-isolation		
Day 0 First day of symptoms or positive test Self-isolation starts	Self-isolation starts		
Day 1-4	Self-isolate		
Day 5	Self-isolate ↓ Take an LFT ↓ LFD test is **negative** Continue to self-isolate	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate
Day 6	Self-isolate ↓ Take an LFT ↓ LFD test is **negative** ↓ Self-isolation ends after this negative test, providing you do not still have a temperature	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate
Day 7		Self-isolate ↓ Take an LFT ↓ LFD test is **negative** Continue to self-isolate	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate
Day 8		Self-isolate ↓ Take an LFT ↓ LFD test is **negative** ↓ Self-isolation ends after this negative test, providing you do not still have a temperature	Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate
Day 9			Self-isolate ↓ Take an LFT ↓ LFD test is **positive** Continue to self-isolate
Day 10	End self-isolation at 23.59 hours, providing you do not still have a temperature.		**Self-isolate -** end self-isolation at 23.59 hours. You can still end self-isolation after 10 days even if an LFT is positive, providing you do not still have a temperature.

You only need to extend self-isolation beyond 10 days if you continue to have a high temperature. In this case, you can end self-isolation 48 hours after your temperature returns to normal - you do not need to continue testing.