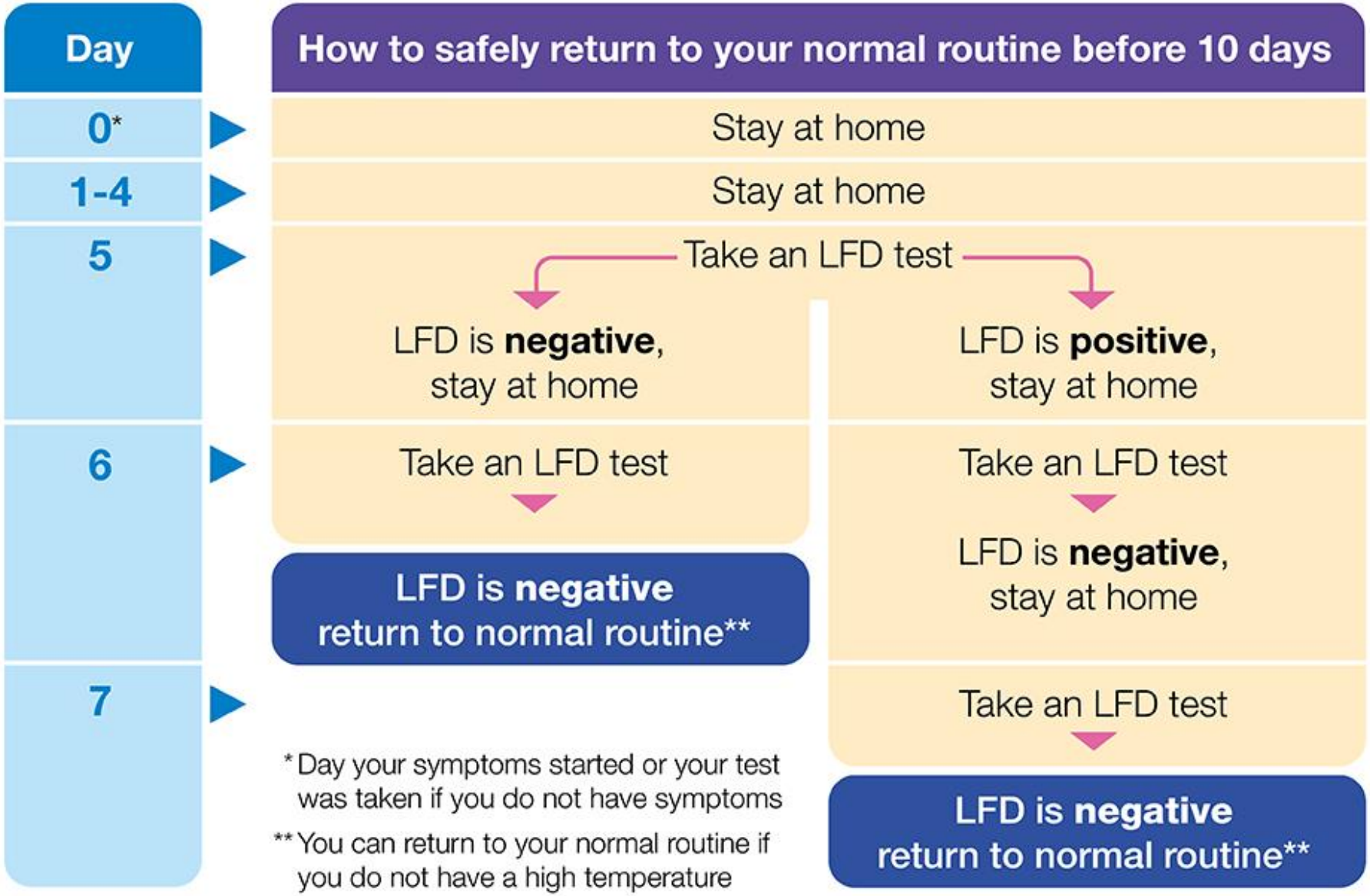
Day
How to safely return to your normal routine before 10 days
0*
Stay at home
1-4
Stay at home
5
Take an LFD test
LFD is negative, stay at home
LFD is positive, stay at home
6
Take an LFD test
LFD is negative return to normal routine**
Take an LFD test
LFD is negative, stay at home
7
Take an LFD test
LFD is negative return to normal routine**
* Day your symptoms started or your test was taken if you do not have symptoms
** You can return to your normal routine if you do not have a high temperature