

## GET THE FACTS

# SELF-ISOLATION MYTHBUSTERS

There are lots of myths about self-isolating. Here are the facts.

**MYTH: I have to self-isolate for 14 days**

**FACT:** You only need to do so for 10 days, starting the day after your test or close contact.

**MYTH: I don't have to self-isolate if I'm vaccinated**

**FACT:** You must self-isolate even if you've had the vaccine or have had coronavirus before.

**MYTH: If my test result is negative, I can stop self-isolating**

**FACT:** Unless you're taking part in a pilot scheme, you must continue to self-isolate.

**MYTH: If I wear a mask, I won't need to self-isolate**

**FACT:** You must still self-isolate, as you may already have been exposed to the virus.

**MYTH: Lots of people don't self-isolate, so I don't need to**

**FACT:** The latest data shows that 93% of people who are told to self-isolate do so. You must do the same.

**MYTH: I can still go out for a walk if I'm in self-isolation**

**FACT:** You must not leave your home for the full 10-day period, unless there's an emergency.

**MYTH: If I'm self-isolating, I can't leave home for any reason**

**FACT:** You can – but only in urgent situations like getting medical help or avoiding the risk of harm.

**MYTH: I won't need to self-isolate after restrictions ease on June 21st**

**FACT:** You must still self-isolate if you're asked – you'll protect the public and help us return to normal.

**MYTH: There's no support available for me if I self-isolate**

**FACT:** Mental health advice, help from your local authority and financial support are available.



**For more information go to:** [gov.uk/coronavirus](https://gov.uk/coronavirus) or call 119 or contact your local authority