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STATUTORY INSTRUMENTS

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**2020 No. 1045**

**The Health Protection (Coronavirus, Restrictions)  
(Self-Isolation) (England) Regulations 2020**

**PART 1**

**Period of self-isolation**

**3.**—(1) The period of self-isolation specified for the purpose of regulation 2(2) is calculated as follows.

(2) The period begins from the moment notification is received by—

- (a) P where P is an adult, or
- (b) R where P is a child.

(3) The period ends with the final day of a period where regulation 2(1)(a)(i) or (b)(i) applies, of ten days beginning—

- (a) in a case where P, or R where P is a child, reports to a person specified in regulation 2(4) of the date on which symptoms first developed, with whichever is the later of—
  - (i) the date five days before the test pursuant to which notification referred to in regulation 2(1) was given, or
  - (ii) that date which they report;
- (b) in any other case, the date of the test pursuant to which notification referred to in regulation 2(1) was given;

(4) The period ends with the final day of a period where regulation 2(1)(a)(ii) or (b)(ii) applies, of 14 days beginning—

- (a) where P is living in the same household as the person (“C”) who tested positive for coronavirus—
  - (i) in a case where C, or R where C is a child, report to a person specified in regulation 2(4) of the date on which symptoms first developed, with whichever is the later of—
    - (aa) the date five days before the test pursuant to which notification referred to in regulation 2(1) was given, or
    - (bb) that date which C, or R where C is a child, reports;
  - (ii) otherwise, with the date of the test pursuant to which notification referred to in regulation 2(1) was given;
- (b) in any other case, with the date which a person specified in regulation 2(4) records as being the last date on which P last came into close contact with C before P received the notification referred to in regulation 2(1).