



EXAMPLE

Self-isolate for 11 days

The app has detected that you have been in contact with someone who has coronavirus. Please stay at home and self-isolate to keep yourself and others safe.

To understand how the app calculates self-isolation days, visit the link to the FAQs below.

You are at high risk of having and spreading the virus even if you don't have any symptoms. If you are under 18, you are advised to show this message to a trusted adult.

Your isolation countdown has started and you should self-isolate for the full period identified. Only get a test if you have coronavirus symptoms.

For further advice, please contact:

[Click here to find out more](#) 

For further advice, please contact:

[NHS 111 online](#) 

I understand