



Self-isolation advice for households

Example 1

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Kim	X										✓											
Jac					X										✓							
Mo														✓								
Jen														✓								



Kim gets symptoms; a high temperature and / or a persistent dry cough and / or a loss of taste or smell.

The first day Kim has symptoms is day 1.

Everyone else in the house must self-isolate for 14 days, like Mo and Jen.

Anyone who gets symptoms needs to book a test straight away. You can book a test by phoning **119** or going to <https://gov.wales/apply-coronavirus-test>.



Jac gets symptoms during the 14 days.

10 days later, if Jac has no longer has symptoms, Jac can go out again.



Mo and Jen must self-isolate for the rest of the 14 days.

If they don't have symptoms after 14 days, they can go out again.



If Kim has no symptoms after 10 days, Kim can go out again

Example 2

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Kim	X										✓											
Jac					X										✓							
Mo									X												✓	
Jen														✓								



Kim gets symptoms: a high temperature and / or a persistent dry cough and / or a loss of taste or smell.

Everyone in the house must self-isolate for 14 days.

Anyone who gets symptoms needs to book a test straight away.

10 days later, if Kim has no symptoms, Kim can go out again.



Jac gets symptoms during the 14 days.

10 days later, if Jac has no symptoms, Jac can go out again.



Mo gets symptoms near the end of the 14 days.

Mo must self-isolate for 10 more days.

If Mo has no symptoms after 10 more days, Mo can go out again.



Jen has no symptoms after 14 days. Jen can go out again after day 14.



Cyngor hunan-ynysu ar gyfer cartrefi

Enghraifft 1

Diwrnod	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Kim	X										✓											
Jac					X										✓							
Mo														✓								
Jen														✓								



Mae Kim yn cael symptomau; tymheredd uchel a / neu beswch sych parhaus a / neu golli blas neu arogl.

Y diwrnod cyntaf mae gan Kim symptomau yw diwrnod 1.

Rhaid i bawb arall yn y tŷ hunan-ynysu am 14 diwrnod, fel Mo a Jen.

Mae angen i unrhyw un sy'n cael symptomau archebu prawf ar unwaith. Gallwch archebu prawf trwy ffonio **119** neu fynd i <https://llyw.cymru/gwneud-cais-i-gael-prawf-coronafeirws>



Mae Jac yn cael symptomau yn ystod y 14 diwrnod.

10 diwrnod yn ddiweddarach, os nad oes gan Jac symptomau mwyach, gall Jac fynd allan eto.



Rhaid i Mo a Jen hunan-ynysu am weddill y 14 diwrnod.

Os nad oes ganddynt symptomau ar ôl 14 diwrnod, gallant fynd allan eto.



Os nad oes gan Kim unrhyw symptomau ar ôl 10 diwrnod, gall Kim fynd allan eto.

Enghraifft 2

Diwrnod	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Kim	X										✓											
Jac					X										✓							
Mo									X												✓	
Jen														✓								



Mae Kim yn cael symptomau; tymheredd uchel a / neu beswch sych parhaus a / neu golli blas neu arogl.

Rhaid i bawb arall yn y tŷ hunan-ynysu am 14 diwrnod.

Mae angen i unrhyw un sy'n cael symptomau archebu prawf ar unwaith.

10 diwrnod yn ddiweddarach, os nad oes gan Kim unrhyw symptomau, gall Kim fynd allan eto.



Mae Jac yn cael symptomau yn ystod y 14 diwrnod.

10 diwrnod yn ddiweddarach, os nad oes gan Jac unrhyw symptomau, gall Jac fynd allan eto.



Mae Mo yn cael symptomau yn agos i ddiwedd y 14 diwrnod.

Rhaid i Mo hunan-ynysu am 10 diwrnod arall.

Os nad oes gan Mo symptomau ar ôl 10 diwrnod arall, gall Mo fynd allan eto.



Ni does gan Jen unrhyw symptomau ar ôl 14 diwrnod. Gall Jen fynd allan et oar ôl diwrnod 14.