



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.



Jac gets symptoms during the 14 days.

7 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 7 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.

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



Jac gets symptoms during the 14 days.

7 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 7 more days.

If Mo has no symptoms after 7 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 Jac yn cael symptomau yn ystod y 14 diwrnod.

7 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 7 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.

7 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.

7 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 7 diwrnod arall.

Os nad oes gan Mo symptomau ar ôl 7 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.