

Summary of self-isolation and testing guidance – 6 January 2022

The table below summarises the latest advice on self-isolation and testing. Please note that guidance may change in future and the latest position and further guidance can be found at gov.wales/self-isolation.

	Has tested positive	Has symptoms	Identified as a close contact	Routine testing arrangements
Learners aged under 5 years	Self-isolate for 7 days.	Not required to test. Should stay at home until they are well enough to return to school.	Not required to test. Should stay at home until they are well enough to return to school.	None.
Learners aged 5-11 years	Self-isolate for 7 days. Should take LFTs on days 6 and 7 – if both are negative can leave self-isolation.	Book a PCR test, self-isolate until the test results are back. If positive continue self-isolation for 7 days from date symptoms started, if negative leave isolation.	Use LFTs daily for 7 days. If negative, no requirement to self-isolate. If positive, they should self-isolate for 7 days from the date of the positive LFT.	None.
Learners aged 11+ years and fully vaccinated adults	Self-isolate for 7 days. Should take LFTs on days 6 and 7 – if both are negative can leave self-isolation.	Book a PCR test, self-isolate until the test results are back. If positive continue self-isolation for 7 days from date symptoms started, if negative leave isolation.	Use LFTs daily for 7 days. If negative, no requirement to self-isolate. If positive, they should self-isolate for 7 days from the date of the positive LFT.	Strong expectation that LFTs are used three times a week to identify asymptomatic cases.
Unvaccinated adults	Self-isolate for 7 days. Should take LFTs on days 6 and 7 – if both are negative can leave self-isolation.	Book a PCR test, self-isolate until the test results are back. If positive continue self-isolation for 7 days from the date symptoms started, if negative leave isolation.	Must self-isolate for 10 days. Should also take LFTs on day 2 and day 8.	Strong expectation that LFTs are used three times a week to identify asymptomatic cases.