If someone at work has COVID-19

You must check if you need to stay at home (‘self-isolate’) if you or anyone in your household has symptoms or has tested positive for COVID-19.

Find out more about when you must stay at home

7. If someone comes to work with COVID-19

If someone finds out they’ve tested positive or has COVID-19 symptoms when they’re at their workplace, they should:

- tell their employer immediately and go home to self-isolate
- avoid touching anything, and wash their hands regularly
- cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow
- use a separate bathroom from others, if possible
- avoid using public transport to travel home, if possible

What other staff should do

If someone at work tests positive for COVID-19, employers should check the latest self-isolation rules to see if other staff who had close contact with them need to self-isolate.

Follow government guidelines for self-isolating:

- England – stay at home guidance on GOV.UK
- Scotland – Scottish Government Test and Protect self-isolation guidance
- Wales – Welsh Government self-isolation guidance

Staff may be concerned that they’ve worked with someone with COVID-19. The employer can reassure them by making clear what measures they’ve taken to keep the workplace safe.

Staff should speak to their employer if they have any concerns or are unsure about whether they need to self-isolate.

Related content
Self-isolation for coronavirus