



Got coronavirus symptoms?

1 Start isolating • you for 7 days
• household for 14 days



2 Book a test • NHS.uk/coronavirus
• or call 119

negative for COVID-19



positive for COVID-19



- Household stops isolating immediately
- You stop isolating if you feel well

3 Share contacts via NHS Test and Trace

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

If you have been in close contact with someone who tests positive

1 You may be alerted by NHS Test and Trace



2 Isolate for 14 days after close contact



if you develop symptoms

3 Book a test • Household isolates for 14 days

negative for COVID-19



positive for COVID-19



- Household stops isolating immediately
- You complete 14 day isolation

- You begin new 7 day isolation
- Household completes 14 day isolation