



Got coronavirus symptoms?

1 Start isolating

- you for **7 days**
- household for **14 days**



2 Book a test

- [NHS.uk/coronavirus](https://www.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**