



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



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

positive
for COVID-19



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



- Household stops isolating immediately
- **You complete 14 day isolation**

positive
for COVID-19



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