

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

- 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**