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**