### COVID-19 Testing Guidance

**JANURARY 2022 ARE YOU EXPERIENCING** COVID-19 **SYMPTOMS?** YES NO TAKE REGULAR **PCR TEST** LATERAL FLOW AND SELF-**TESTS ISOLATE NEGATIVE POSITIVE NEGATIVE POSITIVE** LFT LFT **PCR** PCR YOU SHOULD IT IS UNLIKELY YOU CAN **SELF-ISOLATE** THAT YOU STOP SELF-IMMEDIATELY. HAVE COVID-19 ISOLATING YOU DO NOT NEED A FOLLOW UP YOU MUST PCR TEST CONTINUE TO SELF-IF YOU ARE **ISOLATE BUT YOU** UNVACCINATED MAY BE ABLE TO AND IDENTIFIED AS A CLOSE CONTACT ISOLATE FOR LESS OF COVID-19, YOU THAN 10 DAYS **MUST ISOLATE FOR FOLLOW THE SAME** 10 DAYS **SELF ISOLATION ADVICE AS THOSE** WHO RECEIVE A TAKE A LATERAL **POSITIVE PCR** TEST FLOW TEST ON DAY 6 AND 7 OF YOUR ISOLATION (24 **HOURS APART) NEGATIVE ONE OR** LFT ON **BOTH TESTS BOTH DAYS POSITIVE** YOU CAN STOP CONTINUE TO SELF SELF ISOLATING AS ISOLATE UNTIL YOU LONG AS YOU RECEIEVE 2 NEGATIVE DON'T HAVE A HIGH LFT'S THAT ARE 24 **TEMPERATURE** HOURS APART, OR YOU REACH 10 DAYS IN **ISOLATION** 



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# WHAT ARE THE MAIN SYMPTOMS TO LOOK OUT FOR?

- A NEW, CONTINUOUS COUGH
- A HIGH TEMPERATURE
- A LOSS OR CHANGE IN SMELL OR TASTE

# WHAT ARE THE OTHER SYMPTOMS TO LOOK OUT FOR?

- RUNNY NOSE
- HEADACHE
- FATIGUE
- SNEEZING
- SORE THROAT

#### IF YOUR LFT IS POSITIVE, YOU WILL ONLY REQUIRE A FOLLOW UP PCR IF:

- YOU ARE ELIGIBLE FOR THE £500 TEST AND TRACE SUPPORT PAYMENT (TTSP)
- YOU ARE PARTICIPATING IN RESEARCH OR SURVEILLANCE PROGRAMMES
- YOU ARE PART OF THE 1 MILLION PEOPLE IN ENGLAND WHO ARE AT PARTICULAR RISK OF BECOMING SERIOUSLY ILL FROM COVID-19 AND ARE INVOLVED IN NEW RESEARCH OF TREATMENTS

#### OTHER SITUATIONS WHERE YOU MAY NEED A PCR INCLUDE:

- YOU HAVE ANY OF THE COVID SYMPTOMS LISTED ABOVE
- YOU HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE
- YOU ARE ASKED TO TAKE A PCR TEST BY THE LOCAL COUNCIL, NHS TEST AND TRACE, A GP OR OTHER HEALTH PROFESSIONAL
- YOUR PCR TEST WAS UNCLEAR AND YOU NEED TO TAKE ANOTHER

