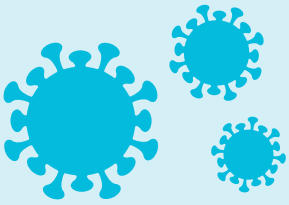
COVID-19 Testing
A quick guide:

What to do if...	Action needed	Back to normal...
 I or someone in my household have COVID-19 (coronavirus) symptoms*	• Get a test ONLY for the person who is displaying symptoms • To get a test visit www.gov.uk/get-coronavirus-test or call 119. The service can get really busy. If you can't get a test straight away or at a location near to you please keep trying. It's really important you stay self-isolated during this time • The whole household MUST self-isolate while waiting for test result • Inform workplace/school immediately about test result	If the test comes back negative and the individual is no longer experiencing symptoms
Someone in my house tests positive for COVID-19 (coronavirus)	• The individual who has tested positive MUST self-isolate for at least 10 days from when symptoms* started (or from day of test) • Household members MUST NOT attend school or the workplace • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - **EVEN** if someone else tests negative during those 14 days	After isolation periods are over, **not before**
NHS Test and Trace has identified me as a 'close contact' of somebody with confirmed COVID-19 (coronavirus)	• Self-isolate for 14 days (as advised by NHS Test and Trace) • Rest of your household does not need to self-isolate, unless they are a 'close contact' too • Do NOT get a test, unless you develop symptoms during the isolation period	When you have completed 14 days of self-isolation, EVEN if you test negative during those 14 days
I have travelled and have to self-isolate as part of a period of quarantine	• Self-isolate for 14 days – you only need to get a test if you develop symptoms. • Even if you test negative during those 14 days you must still self-isolate for the full 14 days • Others in the household **ONLY** need to isolate if they also travelled with you.	When the quarantine period of 14 days has been completed, EVEN if you test negative during those 14 days
I am not sure who should get a test for COVID-19 (coronavirus)	• Only people with symptoms* need to get a test. • People with no symptoms should NOT get tested, even if they are a 'close contact' of someone who tests positive. (The only exception to this is if you are part of a specific testing programme or study)	When conditions above, as matching your situation, are met

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms