

A simple guide to testing



Got symptoms

Not got symptoms

Stay at home and take a PCR (laboratory) test asap

Take lateral flow tests 2 times per week

Positive result ✘

Negative result ✔

Positive result ✘

Negative result ✔

Self isolate and tell contacts to self-isolate (10 days)

Stop self-isolating but remember Hands. Face. Space. Fresh Air.

Stay at home and take a PCR (laboratory) test asap to confirm

Remember Hands. Face. Space. Fresh Air.

Positive result ✘

Negative result ✔

Self isolate and tell contacts to self-isolate (10 days)

Stop self-isolating but remember Hands. Face. Space. Fresh Air.



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