

Got coronavirus symptoms?

1 Start **isolating**

- You for 10 DAYS
- Household for 14 DAYS



2 Book a **test**

- [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)
- or call 119

POSITIVE FOR
COVID-19



NEGATIVE
FOR COVID-19



3 **Share contacts** via NHS Test and Trace

- You stop isolating if you feel well
- Household stops isolating immediately (if well)