

Got coronavirus symptoms?

1

Start **isolating**

- You for 10 DAYS
- Household for 14 DAYS



2

Book **a test**

- 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)