Government and NHS Test and Trace Guidance

HM Government

NHS Test and Trace

Got coronavirus symptoms?

1 Start isolating
- you for **7 days**
- household for **14 days**

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2 Book a test
- **NHS.uk/coronavirus**
- or call **119**

negative for COVID-19 ↙

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

positive for COVID-19 ↘

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

STAY ALERT ▸ CONTROL THE VIRUS ▸ SAVE LIVES

If you have been in close contact with someone who tests positive

1 You may be alerted by NHS Test and Trace

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2 Isolate **for 14 days** after close contact

↓

if you develop symptoms

3 Book a test
- Household isolates for 14 days

negative for COVID-19 ↙

- Household stops isolating immediately
- **You complete 14 day isolation**

positive for COVID-19 ↘

- You begin new **7 day isolation**
- Household completes **14 day isolation**