Covid-19 – the next steps

NHS Test and Trace

Covid-19 is still with us, so it's important that we all go on taking simple actions to protect our families and communities – particularly those at the greatest risk of severe illness. Here's what you should do.

I've tested positive for Covid-19

What should I do now?

- **Stay at home, avoid contact with others** and follow the guidance on **gov.uk**
- **You should not attend work during that time.** Talk to your employer about the options available to you.
- Avoid inviting **anyone into your home** and cancel **routine medical or dental appointments.**
- **Tell people you've met with recently about your positive test result** so they can follow the right guidance.
- **If you do have to leave home,** wear a face covering, stay at least 2 metres apart from others, and avoid contact with those at high risk from Covid-19.

I've got symptoms of Covid-19

What should I do now?

- **Stay at home, avoid contact with others and order a PCR test.** If you test positive, follow the guidance on **gov.uk**
- **You should not attend work during that time.** Talk to your employer about the options available to you.
- Avoid inviting **anyone into your home** and cancel **routine medical or dental appointments.**
- **If you do have to leave home,** wear a face covering, stay at least 2 metres apart from others, and avoid contact with those at high risk from Covid-19.

I live with, or have stayed overnight in the home of, someone with Covid-19

What should I do now?

- **Try to work from home** if you possibly can.
- **Avoid contact with people** who may be at high risk of becoming seriously ill if they get Covid-19.
- **Wear a face covering** if you need to go to a crowded, enclosed or poorly-ventilated place.
- **Try to limit close contact** with people outside your household.
- **If you get any symptoms,** order a PCR test and stay at home if you test positive.

More information at **gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts**