NHS

Test and Trace

Living with COVID-19

COVID-19 is still with us, so it's important that we go on doing simple things to protect our families and communities – particularly those at risk of severe illness. Here's what you need to do if you test positive, or have a temperature with COVID-19 or flu-like symptoms.

Tested positive for COVID-19?

Here are 5 things you can do.

Try to stay at home, avoid contact with others for 5 days (3 days for those under 18) and follow the guidance on **gov.uk**.

Try to work from home if you can. Unable to work from home? Talk to your employer about the options available to you.

Got a medical or dental appointment, or someone doing work at your home? Let them know about your positive test result.

If you leave your home during the 5 days after your positive test result, wear a face covering, avoid crowded or enclosed places and stay away from those at high risk from COVID-19.

Still feeling ill? Try to follow this advice until you feel well and no longer have a high temperature if you had one.

Feel unwell or have a temperature, with COVID-19 or flu-like symptoms?

Here are 4 things you can do.

Try to stay at home, avoid contact with others and follow the guidance on **gov.uk**.

Try to work from home if you can. Unable to work from home? Talk to your employer about the options available to you.

Got a medical or dental appointment, or someone doing work at your home? Let them know about your symptoms.

If you leave home, wear a face covering, avoid crowded or enclosed places and stay away from those at high risk from COVID-19.

Find out more on **gov.uk**