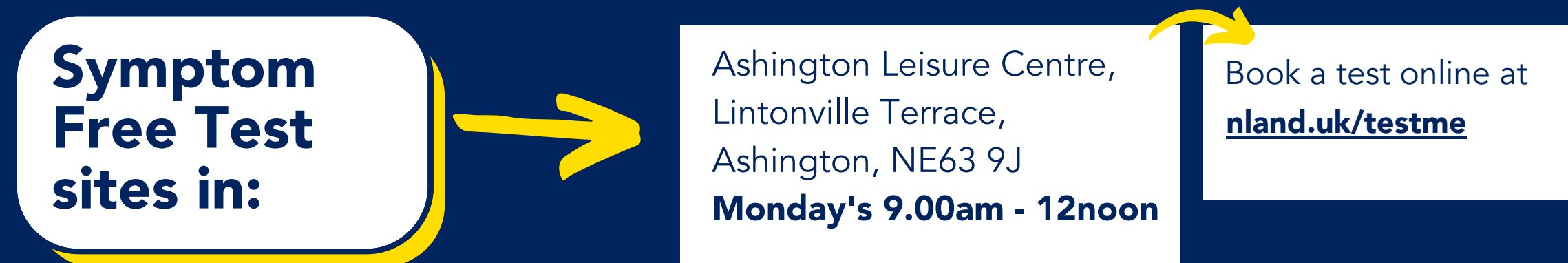


# Covid-19 guidance for

## Symptom Free Testing

**Symptom free tests (\*LFD) can be carried out at home or at a test site.**

Symptom free tests tell you if you are well or if you are carrying the virus without knowing.



NB: Open to those aged 16 or over who meet the criteria.



**Positive LFD Test (DAY 1)**



**Negative LFD Test**

**No Action**

**Self-isolate and get a confirmatory \*PCR test**  
NB: PCR test to be taken as soon as possible (within 2 days) after a positive LFD.

**Negative PCR result**

**Positive PCR result**

Call 119 or book a PCR test online at [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

**Self-isolate for 10 days**  
NHS Test and Trace will provide advice about your self-isolation period.  
NB: If you develop COVID-19 symptoms during this period you will need to start a new isolation period which lasts 10 full days from the day after symptoms start.

**Stop isolating if:**

- you are well
- you have not been advised to self-isolate by NHS Test and Trace.

**NOTE:**  
Children in Nursery, First or Primary School do not need to do a home test or book in for a test at a symptom-free site.

\*LFD - Lateral Flow Device - a fast and simple way to test people who do not have symptoms of COVID-19, but who may still be spreading the virus.  
\*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.