

WHEN DO YOU NEED TO SELF-ISOLATE?

If you tick one or more of the boxes below, you must stay at home and self-isolate:

- You have symptoms of the virus
- You tested positive for the virus
- You are a close contact of someone who has coronavirus, you are over 18 and you are not fully vaccinated (you have not had both doses or are within 14 days of your second dose)
- You have travelled to the UK from certain overseas destinations - keep up to date on the latest rules for travellers at www.gov.uk/coronavirus

USING THE NHS COVID-19 APP IS THE BEST WAY TO TRACK WHETHER OR NOT YOU'VE BEEN IN CONTACT WITH SOMEONE WITH CORONAVIRUS WHEN YOU VISIT VENUES AND BUSINESSES

KNOW THE SYMPTOMS AND GET TESTED

If you have coronavirus symptoms, you should isolate immediately and book a PCR test at a testing centre by calling 119 or visiting www.gov.uk/get-coronavirus-test. The symptoms are:



A HIGH TEMPERATURE



A NEW, CONTINUOUS COUGH



A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE



IF YOU'VE BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS CORONAVIRUS, YOU SHOULD GET A PCR TEST AS SOON AS POSSIBLE - EVEN IF YOU HAVE BEEN VACCINATED.

BOOK A PCR TEST AT: WWW.GOV.UK/GET-CORONAVIRUS-TEST