Tested positive for COVID-19?

Here are 5 things you can do...

Swipe left...

1 **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...**

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

3 **Got a medical or dental appointment, or someone doing work at your home?**

Let them know about your positive test result...

4 **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...

5 **Still feeling ill?**

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