

## Stay at home (Self-isolation)



**Make a list of any  
close contacts**



**Wait for your  
test result**



Norfolk County Council



If you are isolating because of returning from foreign travel, you must complete your recommended isolation period, even if you have a negative test result in this period.



If you would like this information in large print or in an alternative version, please contact us on 0344 800 8020 and we will do our best to provide it.

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I'VE HAD MY TEST,

# WHAT NEXT?

If you have been tested because you think you might have covid-19 (whether or not you have symptoms), you must follow the advice in this leaflet.



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## 1. Stay at home (Self-isolation)



- If you have symptoms you and everyone else in your household must remain at home. This is important to help prevent spreading the virus to others. **Do not wait for test results before starting isolation.**
- Do not go to work, school, or public areas, and do not use public transport or taxis.
- Nobody should go out even to buy food or other essentials, and any exercise must be taken within your home.
- If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.
- Delivery drivers must not come into your home, so make sure you ask them to leave items outside for collection.

## 2. Make a list of any close contacts



### You will need to give this information to NHS Test and Trace if your test result is positive

- Make a list of anyone that you have met within the 48 hrs (2 days) before your test.
- You could contact anyone who you may have been in close contact with in the last 48 hours to let them know that you have symptoms and are waiting for your test result. They do not need to isolate at this point but can take additional care to keep their distance from others, keep their hands clean, use a tissue to catch coughs and sneezes and wear a face covering where advised.
- Make a note of any places that you have visited in the last 48 hours.

## 3. Wait for your test result

- You should receive your result within 48 hours. Results are usually delivered by text message (unless you expressed a different preference).
- If your result is positive, you need to continue to isolate for at least 10 full days after your symptoms started (or 10 full days from the date of the test for those who have tested positive but don't have symptoms).
- If your result is positive, people that you live with also need to isolate for 10 full days (from the start of your symptoms or the date of your test). See Government guidance for full details of how to manage staying at home. <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- All periods of isolation must be 10 full days, so the day that isolation starts is day 0.
- If your result is positive you will be contacted by NHS Test and Trace to collect details of any close contacts or visits to public places so that they can follow up any other potential infections. NHS Test and Trace will not identify you to any contacts they make.
- If your result is negative, you and your household can stop isolating if you do not have any symptoms. If you feel unwell, stay at home until you feel better.

## Need Help?

No-one should feel unable to isolate when they have been advised to. Support is available via volunteers or the Norfolk Assistance Scheme for everyday things such as collecting groceries / medications to financial support for those who need it. **Please contact 0344 800 8020**



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