

YES

Would you have stayed OFF work / Uni with this illness before Covid?

NO

Stay off work / Uni

Do you have **ANY ONE** of?

- A high fever (over 37.8°C as measured with a thermometer)
- A new continuous cough (persistent & regular cough)
- Loss or change of taste or smell

YES

NO

**Stay at HOME.**  
 You and your **HOUSEHOLD** must **ALL isolate** until you have a **TEST** result.  
**TO ARRANGE A SWAB**  
**CLICK HERE** (please note your GP cannot arrange the swab)

If you do not have internet access, then dial 119

**FULL TEST & TRACE INFO**

**FULL GOV.UK INFO**

Do you have any underlying health condition that means

- You are normally offered a flu vaccine
- Were you classified as high risk for shielding ?

**AND / OR**

Are you still worried about your symptoms?

NO

YES

Adults who are otherwise well

- Simple cough
- Sore throat without high fever
- Simple colds / runny nose

You do not need a Covid test & can **self treat as usual**

Contact your GP, visit <https://111.nhs.uk/> or [Info here](#) or call 111