

# WHAT TO DO IF...

This poster is a summary of guidance of what to do if you or a household member has COVID-19 symptoms or you've been in contact with a confirmed case. It is intended as a quick reference, but you should read the full guidance linked at the bottom of each column.

## YOU HAVE SYMPTOMS OF CORONAVIRUS

If you have coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

**Inform the academy ASAP**

**Get a test now**

[www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)

Follow '**stay at home**: guidance for households with possible or confirmed coronavirus infection'  
[www.bit.ly/stayathomeguidance](http://www.bit.ly/stayathomeguidance)

[www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)

## SOMEONE IN YOUR HOUSEHOLD HAS SYMPTOMS

If someone in your household develops symptoms, they get a test. Other members of their household self-isolate for 14 days from when the symptomatic person first had symptoms.

**Inform the academy ASAP**

If the test is negative;

- the person with symptoms can stop self-isolating, but may have another illness
- other members of the household can stop self-isolating

If the test is positive;

- the person with symptoms self-isolates for at least 10 days from symptom onset and follows **stay at home guidance**
- other members of the household can continue self-isolating for the full 14 days

[www.bit.ly/stayathomeguidance](http://www.bit.ly/stayathomeguidance)

## YOU'VE BEEN IN CONTACT WITH A CONFIRMED CASE

*Contacts who need to self-isolate will be notified and advised accordingly by the NHS Test and Trace service. If you have not been notified, this means you do not need to self-isolate. If your contact is waiting for a test result, you do not need to self-isolate.*

If you have been informed that you are a contact of a person who has had a positive test result for COVID-19;

- self-isolate at home for 14 days from the date of your last contact with them.

**Inform the academy ASAP**

- **follow the 'stay at home' guidance**
- You are at risk of developing COVID-19 for the next 14 days.
- Even if you never develop symptoms, you can still be infected and pass the virus on without knowing it.
- You should not arrange for testing unless you develop symptoms of COVID-19.
- If you do not have symptoms of COVID-19, other people in your household do not need to self-isolate at home with you.

[www.bit.ly/guidanceforcontacts](http://www.bit.ly/guidanceforcontacts)