

I have a positive lateral test.



You must **isolate** straight away. **This means you must not meet up with other people.**

You need to book a PCR test as soon as possible.



While you wait for your PCR test and results you must continue to isolate.



You can go out to get your PCR test done. Make sure you wear your face mask when you go to your test.



If your PCR test is positive you must keep isolating and let people who you have met up with in the past week know so they can get tested.



Six days after your PCR result you need to do a lateral flow test and again on the following day.

If they are both negative you can stop isolating.



You must have **two** negative lateral flow tests before you stop isolating.

The negative tests must be from two different days.