



Covid-19 guidance for

Testing if you have symptoms

If you have symptoms, you should self-isolate and book a *PCR Test.

SYMPTOMS INCLUDE:

- **a high temperature**
this means you feel hot to touch on your chest or back
- **a new, continuous cough**
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste**
this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

1

BOOK A PCR TEST ONLINE AT
www.gov.uk/get-coronavirus-test
OR CALL 119

*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.

PCR testing sites in Northumberland for people with symptoms :

- Peoples Park car park, Ashington,
- Marine Terrace car park, Blyth
- Sandstell car park in Spittal, Berwick
- Former fire station site, Tyne Mills Industrial Estate, Hexham

Alternatively, request a home PCR test.

2

Take PCR Test

Positive PCR Test

Continue self-isolating for 10-days from first day of symptoms.

NB: Isolation period is 10 full days from onset of symptoms (or date of test if no symptoms).

NHS Test and Trace will provide advice about your self-isolation period.

Negative PCR result

Stop isolating if:

- you are well
- no-one else in your household has symptoms or has tested positive
- you have not been advised to self-isolate by NHS Test and Trace.

Close contacts

- Stay at home and complete 10 full days isolation from the date of last contact.
- Book a PCR test even if no symptoms.



Covid-19 guidance for

Symptom Free Testing

Symptom free tests (*LFD) can be carried out at home or at a test site.

Symptom free tests tell you if you are well or if you are carrying the virus without knowing.

How to get your home LFD test

OPTION 1

Collect from sites in Northumberland

nland.uk/testme

OPTION 2

Order online

www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Symptom Free Test sites in:

Ashington Leisure Centre,
Lintonville Terrace,
Ashington, NE63 9J
Monday's 9.00am - 12noon

Book a test online at
nland.uk/testme

NB: Open to those aged 16 or over who meet the criteria.



Negative LFD Test

No Action



Positive LFD Test (DAY 1)

Self-isolate and get a confirmatory *PCR test

NB: PCR test to be taken as soon as possible (within 2 days) after a positive LFD. Self-isolation applies to the household.

Positive PCR result

Negative PCR result

Stop isolating if:

- you are well
- no-one else in your household has symptoms or has tested positive
- you have not been advised to self-isolate by NHS Test and Trace.

Self-isolate for 10 days

NHS Test and Trace will provide advice about your self-isolation period.

NB: If you develop COVID-19 symptoms during this period you will need to start a new isolation period which lasts 10 full days from the day after symptoms start.

NOTE:

Children in Nursery, First or Primary School do not need to do a home test or booked in for a test at a symptom-free site.

*LFD - Lateral Flow Device - a fast and simple way to test people who do not have symptoms of COVID-19, but who may still be spreading the virus.

*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.





Covid-19 advice for

identified close contacts of positive cases

If you have been informed by NHS Test & Trace that you are a close contact of someone who has tested positive for Covid-19 you should:

- Stay at home and complete 10 full days isolation from the date of last contact. Your isolation period includes the date of your last contact and the next 10 full days.

i.e [Day 1 - Contact with positive case] [Day 2-11 is the 10-day isolation period]

- Book a *PCR test during your isolation period even if you have no symptoms.

*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.

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2

Take PCR Test

Positive PCR Test

Continue self-isolating for 10-days from positive PCR

If your PCR test result is positive, you will need to stay at home and start a further full 10 day isolation period, regardless of where you are in your original 10 day isolation period. This means that your total isolation period will be longer than 10 days.

NHS Test and Trace will provide further advice about your self-isolation period.

Negative PCR result

You must continue to isolate until the end of your isolation period.

Then, stop isolating if:

- you are well
- no-one else in your household has symptoms or has tested positive
- you have not been advised to self-isolate by NHS Test and Trace.

