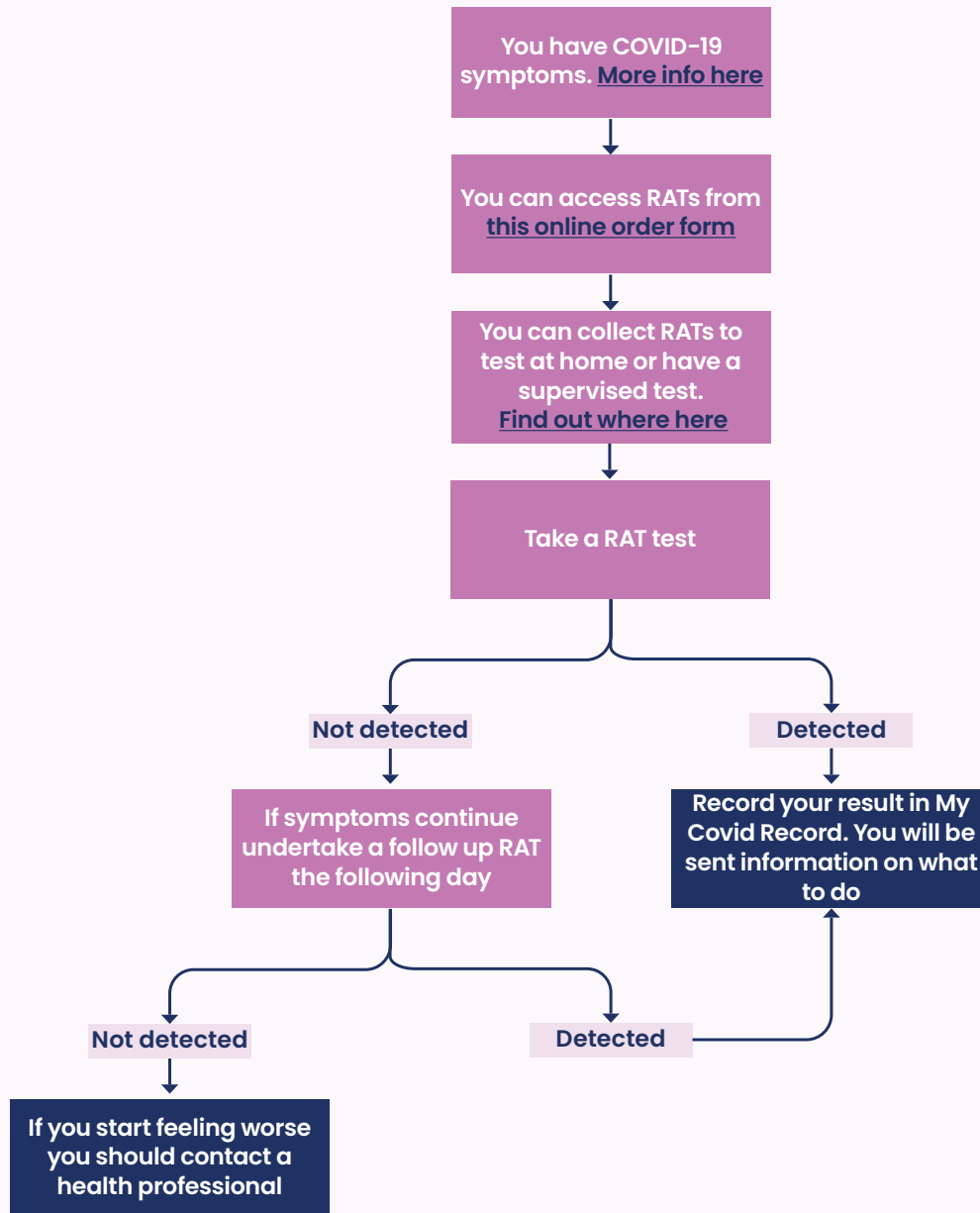


COVID-19 – Testing guidance



I have some symptoms, do I need to test?



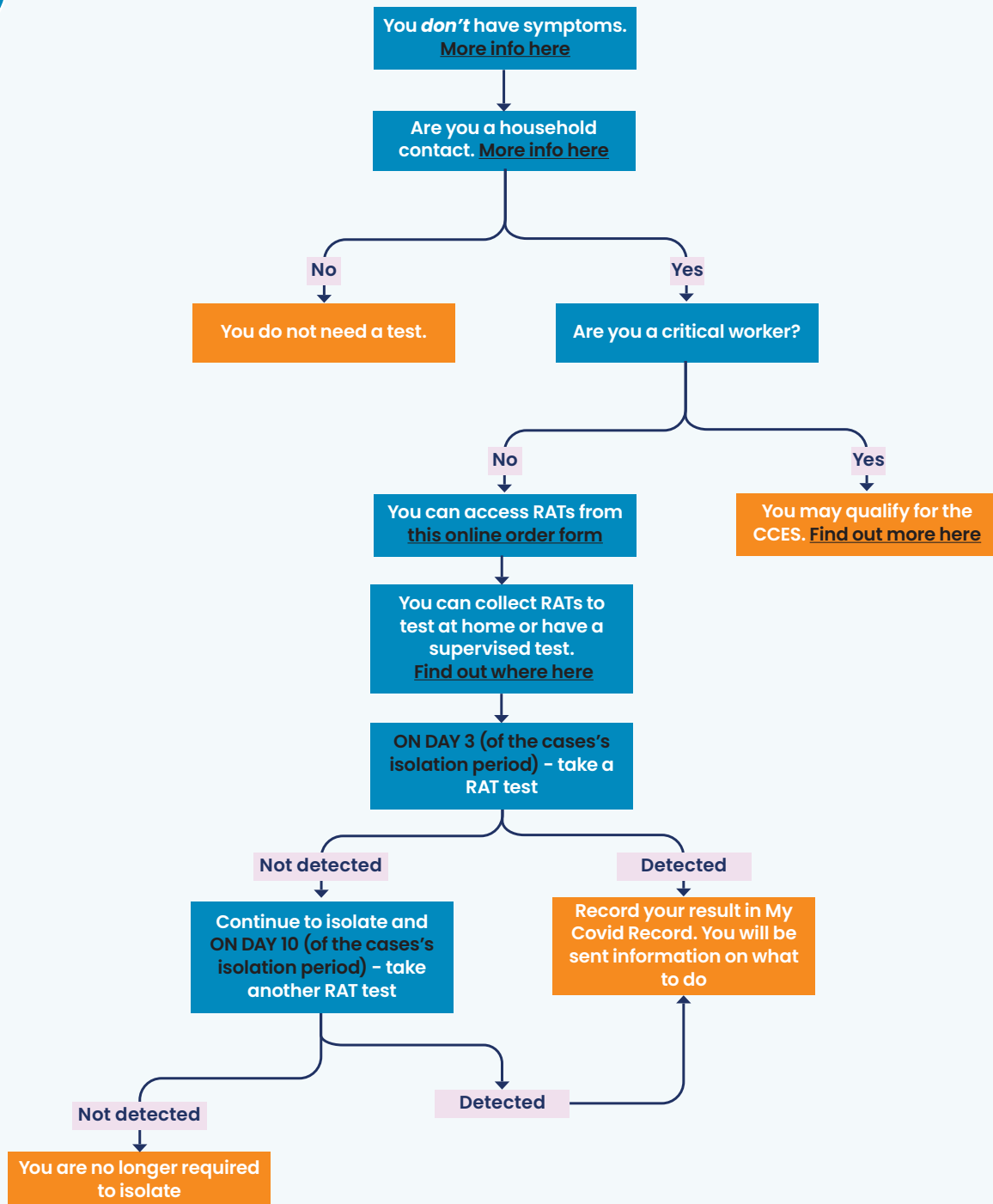
Key messages

- If you become a case, you will likely be notified by text. Some may be called.
- You should tell your household, workplace and any other places which may have been exposed (e.g. schools).
- You will need to self-isolate at home for 10 days from when you got tested, or when your symptoms started.

COVID-19 - Testing guidance



I don't have any symptoms, should I test?



Key messages

- Even if other members of your household test positive, if you remain asymptomatic and have a negative day 10 RAT test (day 10 of first household case) then you can leave isolation.
- If you live with someone who has COVID-19, you need to self-isolate. [Isolation rules are here.](#)
- You should only wait until day 10 for your follow up test, if you don't get symptoms.
- If you are unwell or need advice you should contact a health professional.