

FAQ'S Covid 19

Lateral flow test or PCR?

Lateral Flow tests should only to be used in people who show no symptoms of Covid 19, If you or your child shows any one of the main 3 symptoms, (continuous cough, a high temperature above 37.8 or loss/change of taste and smell), then you must still book in for a PCR test, unless you already have had a positive lateral flow result.

What to do if I get a positive lateral flow test?

If you or your child are doing regular lateral flow tests and show no symptoms, and receive a positive lateral flow test result, you do not need to get a PCR test to confirm the result. You or your child will need to isolate immediately form the positive result. You will only need to get a PCR test if the following apply:

- you wish to claim the Test and Trace Support Payment – to claim the Test and Trace Support Payment, you must have tested positive for COVID-19 following a PCR test or an assisted LFD test
- you have received an email or letter from the NHS because of a health condition that means you may be suitable for new COVID-19 treatments – if this applies to you and you develop any COVID-19 symptoms, you should use the PCR test kit that was sent to you in the post for this purpose; if you have not received a PCR test kit you can arrange to have a PCR test
- you are taking LFD tests as part of research or surveillance programmes, and the programme asks you to take a follow-up PCR test
- you have a positive day 2 LFD test result after you arrive in England

How long do I need to isolate for?

Isolation is currently for 10 days, however you can reduce the isolation time to 7 days, if you have no temperature and you have 2 negative lateral flow tests, 24 hours apart, starting on day 6. If your still showing positive on day 6, then you can take 2 further tests on the next 2 days, for example, day 7 and 8 etc, you may stop testing and come out of isolation once you have the 2 negative results. From Monday 17th January, you will be able to take your first lateral flow test on day 5, with the second being on day 6.

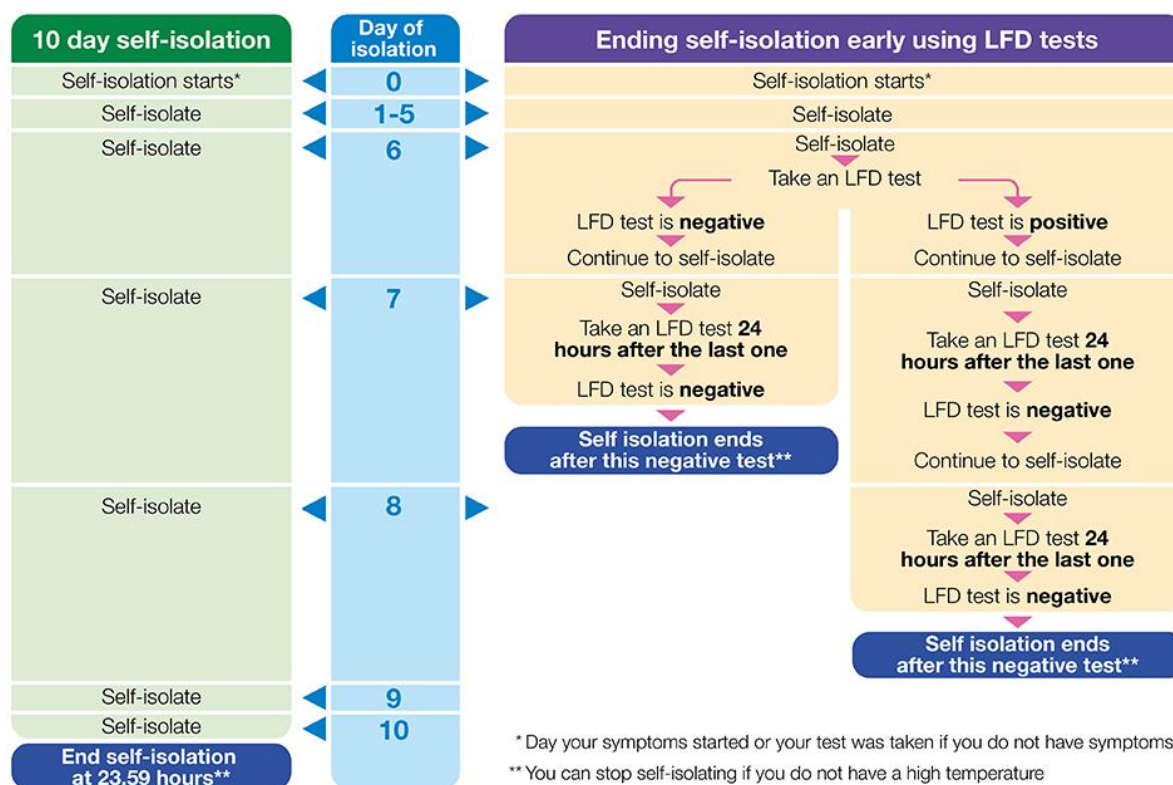
If you do not receive 2 negative results 24 hours apart, after day 6, then you will need continue to isolate, until day 10. You do not need to take any more LFD tests after the 10th day of your self-isolation period and you may stop self-isolating after this day. This is because you are unlikely to be infectious after the 10th day of your self-isolation period. Even if you have a positive LFD test result on the 10th day of your self-isolation period you do not need to take any more LFD tests after this day and you do not need a follow-up PCR test.

How to count the days of isolation?

The day that you receive your positive result/ or symptoms began is counted as day 0, you must count the following day as day 1, then count on 6 days before taking a lateral flow test. If you do not have the negative results to be able to end isolation early, then you must isolate up to and including day 10, isolation will end at midnight on the 10th day.

If you are self-isolating because of a positive test result but did not have any symptoms, and you develop COVID-19 symptoms within your self-isolation period, you do not need to start a new self-isolation period.

Isolation Flow Chart



Close contacts

Anyone who is fully vaccinated, (fully vaccinated means you have had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); you are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine), is a child under the age of 18 years and 4 months or is medically exempt from being vaccinated, is advised to take lateral flow tests for 7 days from the date of contact with a positive case. If the lateral flow tests shows positive at any point within the 7 days, then you must isolate, starting the day of the positive test as day 0.

If someone who is not vaccinated is in close contact with a positive case, they must isolate for a full 10 days, counting the day of contact as day 0 and isolating until midnight on the 10th day.

All the above information can be found from

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>