

Covid Guidance April 2022

What to do if you have symptoms

Try to stay at home and avoid contact with other people if you have symptoms of COVID-19 and either:

- you have a high temperature
- you do not feel well enough to go to work or do your normal activities

Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.

You can go back to your normal activities when you feel better or do not have a high temperature.

Testing

Free testing (PCR and LFT) has ended and there is no longer an expectation that people get tested for Covid. Instead of carrying out a test you should follow the guidance above.

If you do decide to take a test (LFT's are on sale in pharmacies) and you test positive you are advised to try to stay at home for 5 days from the day after you tested positive. For children it is 3 days.