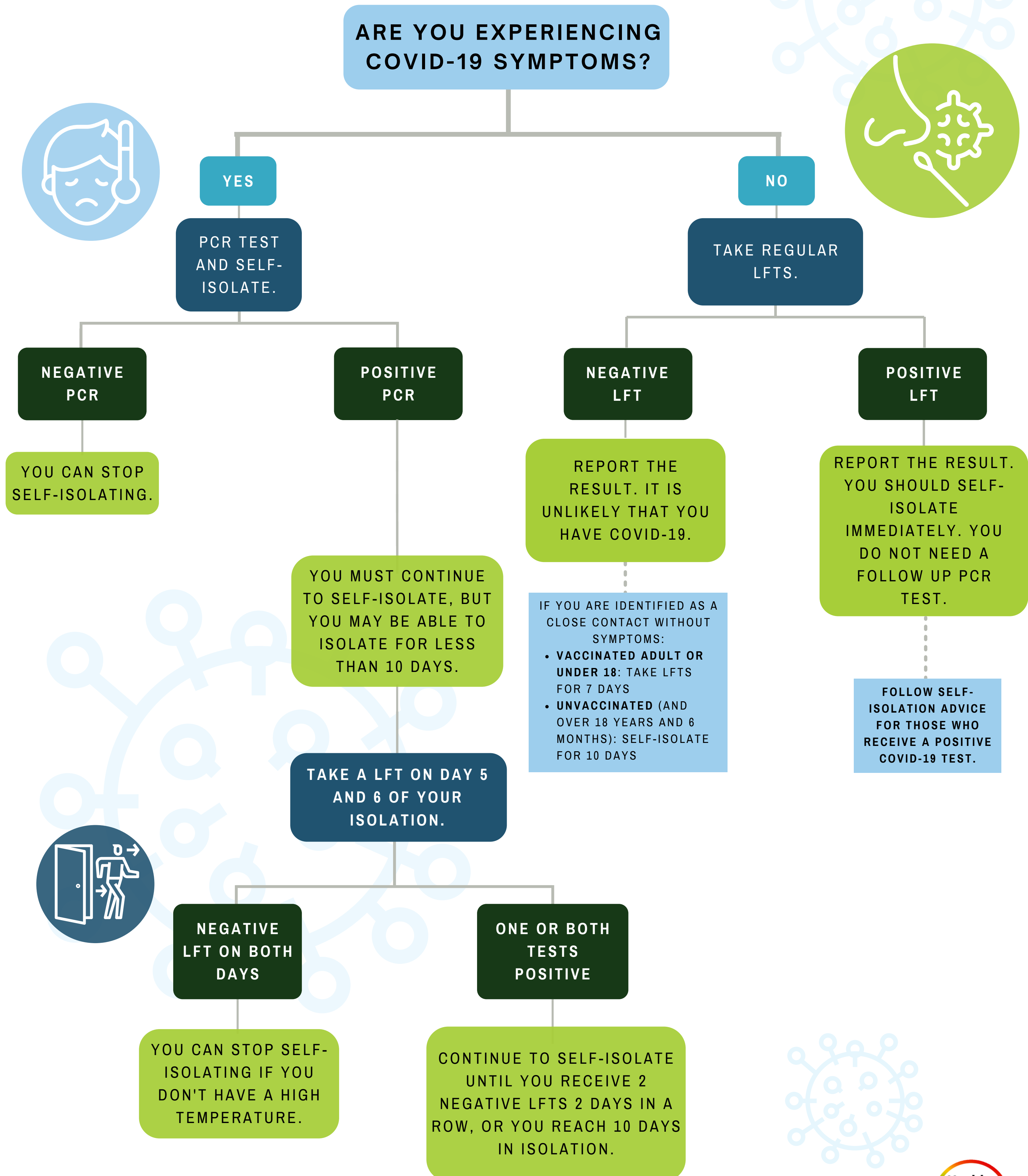


# COVID-19 Guidance Summary

## JANUARY 2022

This guidance is to briefly summarise all current testing guidance and to indicate when you may need to self-isolate. Please use the other flow diagrams for more detail.

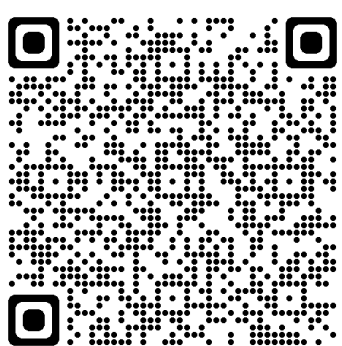
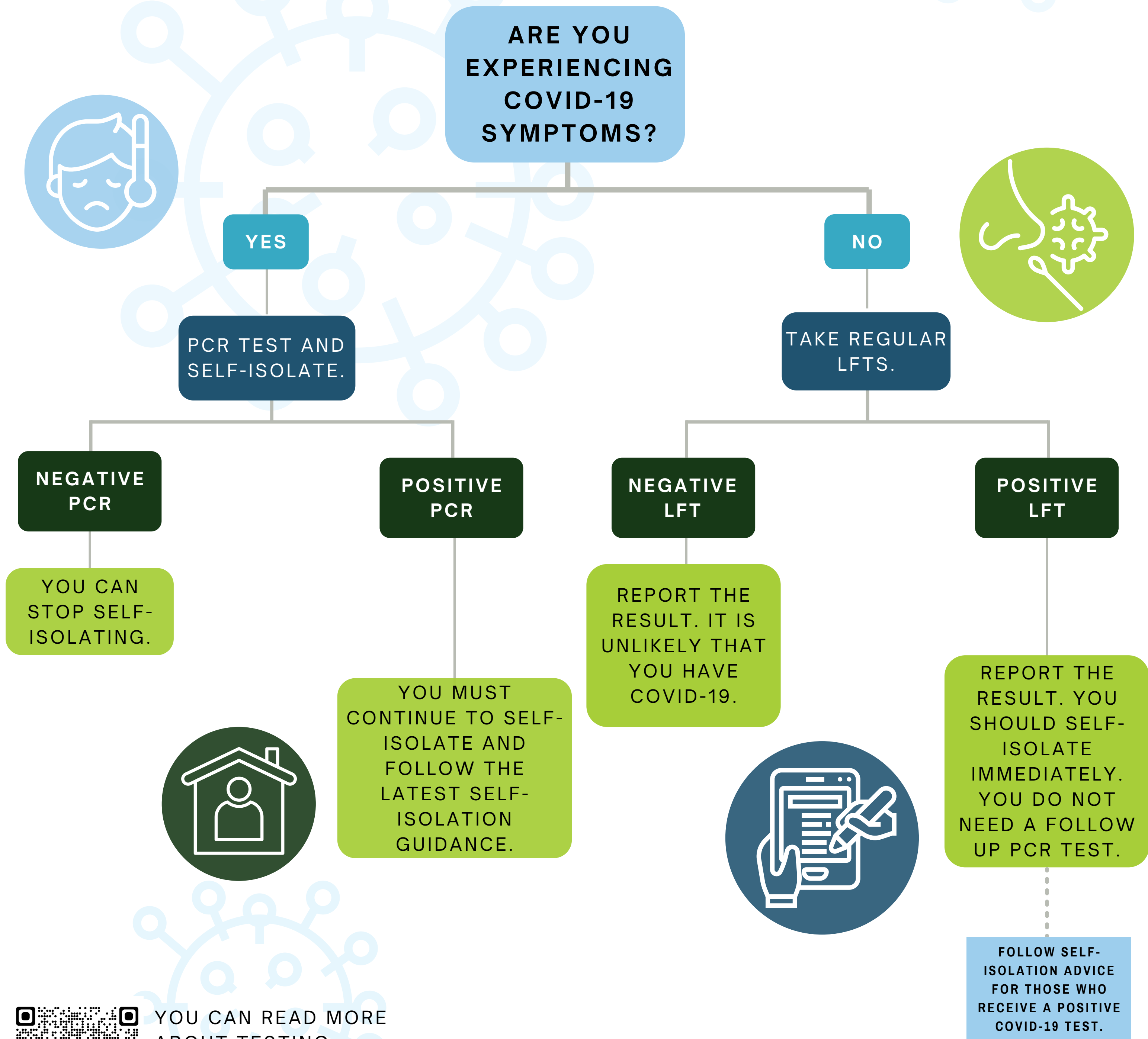


THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM

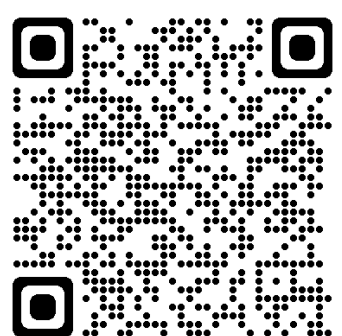
# COVID-19 Testing Guidance

## JANUARY 2022

This guidance is to briefly summarise all current testing guidance for people over 18 years and 6 months.



YOU CAN READ MORE ABOUT TESTING GUIDANCE ON THE NHS WEBSITE BY SCANNING THE QR CODE



ORDER YOUR RAPID LATERAL FLOW TESTS (LFTS) BY SCANNING THE QR CODE

THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM



# COVID-19 Close Contact Guidance

## JANUARY 2022

This guidance is to briefly summarise all current close-contact guidance for people over 18 years and 6 months.

HAVE YOU BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19?

YES

NO

ARE YOU VACCINATED OR MEDICALLY EXEMPT FROM VACCINATION?

TO FIND OUT MORE ABOUT MEDICAL EXEMPTIONS SEARCH COVID-19 MEDICAL EXEMPTIONS GOV.UK.

TAKE REGULAR LFTS.

NO

YES

YOU ARE LEGALLY REQUIRED TO SELF-ISOLATE FOR 10 DAYS FOLLOWING CONTACT WITH POSITIVE PERSON AND GET A PCR TEST. YOU SHOULD CONTINUE ISOLATION EVEN IF YOUR PCR TEST IS NEGATIVE.

DAILY LFTS FOR 7 DAYS.

WHAT DO I DO WITH MY LFT RESULTS?

NEGATIVE

POSITIVE

REPORT THE RESULT. IT IS UNLIKELY THAT YOU HAVE COVID-19.

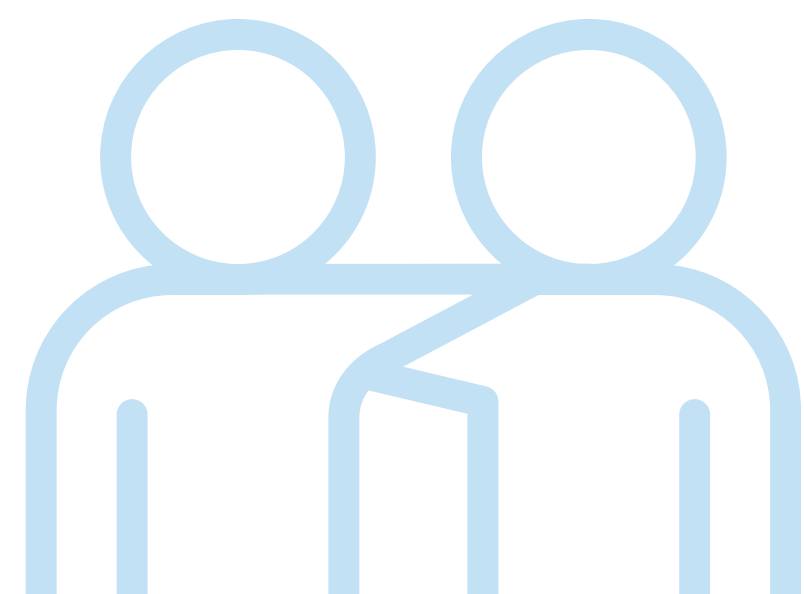
REPORT THE RESULT. FOLLOW SELF-ISOLATION ADVICE FOR THOSE WHO RECEIVE A POSITIVE PCR TEST

IF AT ANY POINT DURING YOUR ISOLATION YOU TEST POSITIVE OR DEVELOP COVID-19 SYMPTOMS YOU SHOULD FOLLOW THE SELF-ISOLATION GUIDANCE FROM DAY 0

MY LFT RESULT IS NEGATIVE BUT I HAVE COVID-19 SYMPTOMS, WHAT SHOULD I DO?

FOLLOW COVID-19 TESTING GUIDANCE.

ISOLATE AND TAKE A PCR TEST.



THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM



# COVID-19 Self-Isolation Guidance

## FROM 17TH JANUARY 2022

This guidance is for anyone who has symptoms of COVID-19 or has received a positive LFT or PCR test result. The guidance listed below is the same for all regardless of age or vaccination status.



You must complete **at least 5 full days** of self-isolation.

If you cannot conduct home testing or have a high temperature you should **isolate for the full 10 days**.

Days

0

Symptoms begin or receive a positive COVID-19 test.

1

Begin counting self-isolation days.

2

3

4

5

Take a LFT on day 5 of self-isolation.

6

Take a LFT on day 6 of self-isolation.

7

If tests on day 5 and day 6 are negative, you can leave self-isolation. If either of your LFTs are positive you must remain in self-isolation until you have **2 negative tests, taken 2 days in a row**.

8

9

10

Isolation ends - no test needed\*.



This new guidance means that if you **test negative on day 5 and the morning of day 6**, you can return to your education or work setting immediately on day 6.

\*If you have a high temperature after the 10 days, or are feeling unwell, keep self-isolating and seek medical advice.

**THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM**

# COVID-19 Guidance Summary - Under 18s

**JANUARY 2022**

This guidance is to briefly summarise all current guidance for people aged between **5 and 18 years and 6 months**. Please use the other flow diagrams for more detail.



**THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM**



# COVID-19 Close Contact Guidance- Under 18s

## JANUARY 2022

This guidance is to briefly summarise all current close-contact guidance for people aged between 5 and 18 years and 6 months old.

HAVE YOU BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19 OR BEEN CONTACTED BY NHS TEST AND TRACE?

YES

NO

TAKE REGULAR LFTS.

DAILY LFTS FOR 7 DAYS.

WHAT DO I DO WITH MY LFT RESULTS?

NEGATIVE

POSITIVE

REPORT THE RESULT.

REPORT THE RESULT AND FOLLOW THE SELF-ISOLATION ADVICE AS THOSE WHO RECEIVE A POSITIVE PCR TEST.

MY LFT RESULT IS NEGATIVE BUT I HAVE COVID-19 SYMPTOMS, WHAT SHOULD I DO?

ISOLATE AND TAKE A PCR TEST.

IF YOU ARE IN AN EDUCATIONAL SETTING THAT EXCEEDS THE COVID-19 THRESHOLD, PLEASE FOLLOW ANY GUIDANCE FROM YOUR LOCAL GOVERNMENT HEALTH PROTECTION TEAM.

FOLLOW COVID-19 TESTING GUIDANCE.

THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM

# COVID-19 Additional Guidance

## JANUARY 2022

### WHAT ARE THE MAIN SYMPTOMS TO LOOK OUT FOR?

- A NEW, CONTINUOUS COUGH
- A HIGH TEMPERATURE
- A LOSS OR CHANGE IN SMELL OR TASTE

### WHAT ARE THE OTHER SYMPTOMS TO LOOK OUT FOR?

- RUNNY NOSE
- HEADACHE
- FATIGUE
- SNEEZING
- SORE THROAT

### IF YOUR LFT IS POSITIVE, YOU WILL ONLY REQUIRE A FOLLOW UP PCR IF:

- YOU ARE ELIGIBLE FOR THE £500 TEST AND TRACE SUPPORT PAYMENT (TTSP).
- YOU ARE PARTICIPATING IN RESEARCH OR SURVEILLANCE PROGRAMMES.
- YOU ARE PART OF THE 1 MILLION PEOPLE IN ENGLAND WHO ARE AT PARTICULAR RISK OF BECOMING SERIOUSLY ILL FROM COVID-19 AND ARE INVOLVED IN NEW RESEARCH OF TREATMENTS.

### WHAT SHOULD I DO IF I THINK I COVID-19 BUT DO NOT HAVE THE MAIN 3 SYMPTOMS?

- YOU ARE STRONGLY ADVISED TO STAY AT HOME IF YOU ARE UNWELL.
- YOU SHOULD TAKE REGULAR LFTS (AT LEAST TWICE PER WEEK). FOLLOW SELF-ISOLATION GUIDANCE IF ANY RESULT IS POSITIVE.
- IF YOU DEVELOP ANY OF THE MAIN COVID-19 SYMPTOMS, YOU SHOULD BOOK A PCR TEST.

THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM