

YES

If unwell please work from home if possible. Would you have stayed OFF work / Uni with this illness before Covid?

NO

Stay off work / Uni

Do you have **ANY ONE** of?

- A high fever (over 37.8°C as measured with a thermometer)
- A new continuous cough (persistent & regular cough)
- Loss or change of taste or smell

Stay at HOME.
You and your HOUSEHOLD must ALL isolate until you have a TEST result. TO ARRANGE A SWAB CLICK HERE (please note that NHS GPs have not been allowed to arrange swabs)

If you do not have internet access, then dial 119

FULL TEST & TRACE INFO

FULL GOV.UK INFO

YES

NO

Do you have any underlying health condition that means

- You are normally offered a flu vaccine
- Were you classified as high risk for shielding ?

AND / OR

Are you still worried about your symptoms?

NO

YES

Adults who are otherwise well

- Simple cough
- Sore throat without high fever
- Simple colds / runny nose

You do not need a Covid test & can self treat as usual

Contact your GP, visit <https://111.nhs.uk/> or [Info here](#) or call 111