

COVID – What to do?

Situation	Isolate
1. I have tested positive for COVID-19	Yes (for 10 days, +48hr after temperature resolves)
2. I have developed symptom and not tested yet.	Yes (until you test negative, if the test is positive see above)
3. I have been told I am a close contact of a case	Yes (for 14 days, unless you develop symptoms and test positive, then see above)
4. A house hold member has developed symptoms and has not tested yet.	Yes (until they test negative, if test is positive isolate for 14 days)
5. A household member has been told to isolate as a close contact.	No. (be vigilant, if they start to feel unwell you will need to isolate until they test and its negative)
6. I visited someone, within 2m, who has now been told to isolate as a close contact.	No. (The person was not symptomatic, if within 48 hrs of the visit they develop symptoms and test positive follow number 3.)
7. I am a close contact of someone who tested positive, I've got tested however and I was negative.	Yes (for 14 days, unless you develop symptoms and test positive, then see above)
8. My sibling in another class and needs to self isolate due to a COVID-19 positive case in their class. I am in a different class	No. (They are not themselves a close contact of a positive case, if their sibling develops symptoms they will need to isolate)
9. My nan is unwell and I saw her 2 days ago.	Maybe. (Need to check if the nan had COVID-19 symptoms, a positive test result and whether they were a close contact. If they were none of those then no. If they test positive then follow number 3.)

A reminder that the symptoms for coronavirus are recognised as:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal