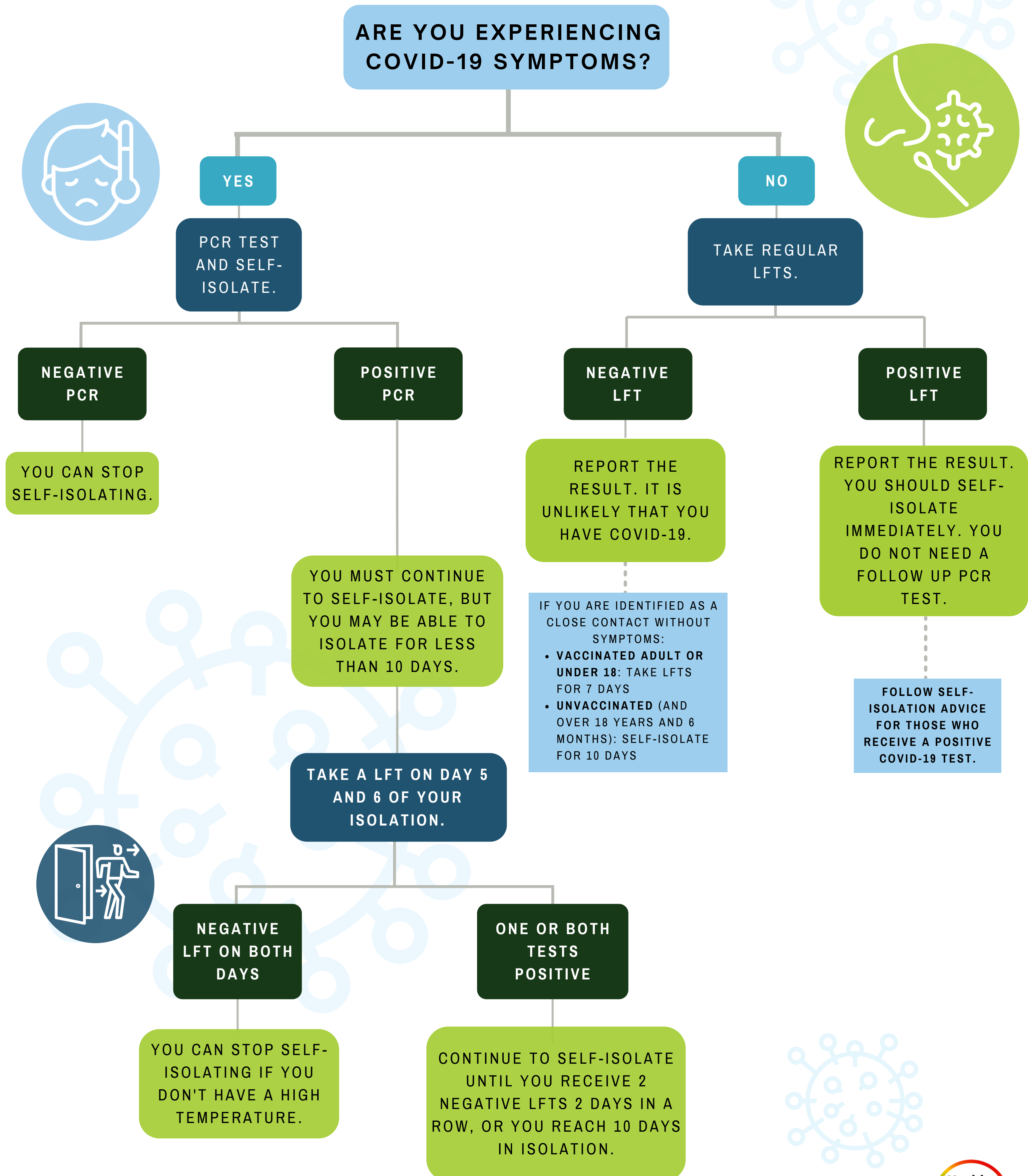


COVID-19 Guidance Summary

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.



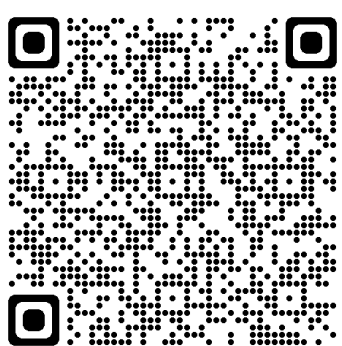
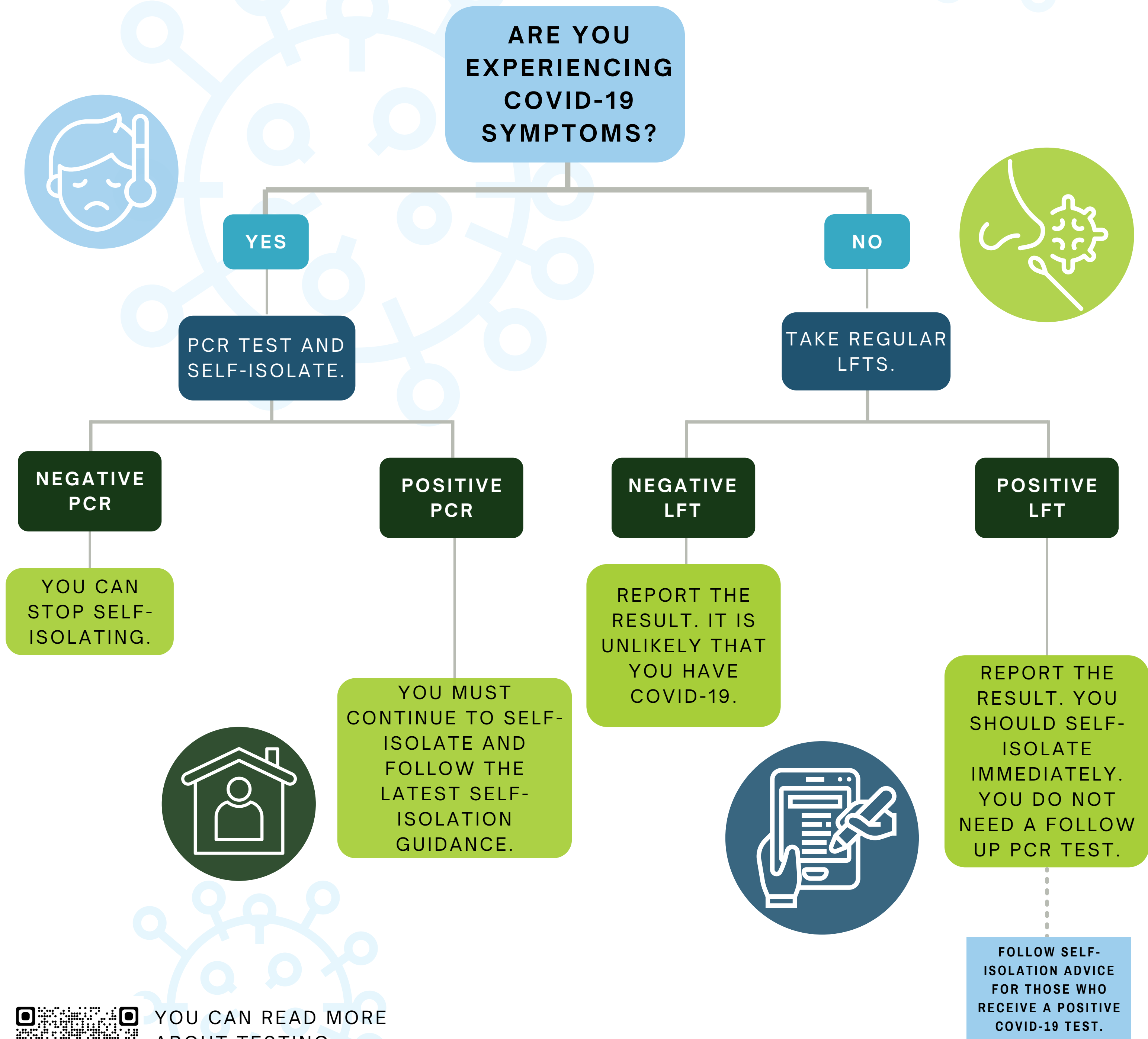
THANK YOU FOR CONTINUING TO PROTECT BIRMINGHAM



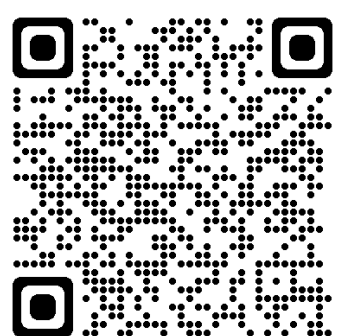
COVID-19 Testing Guidance

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.

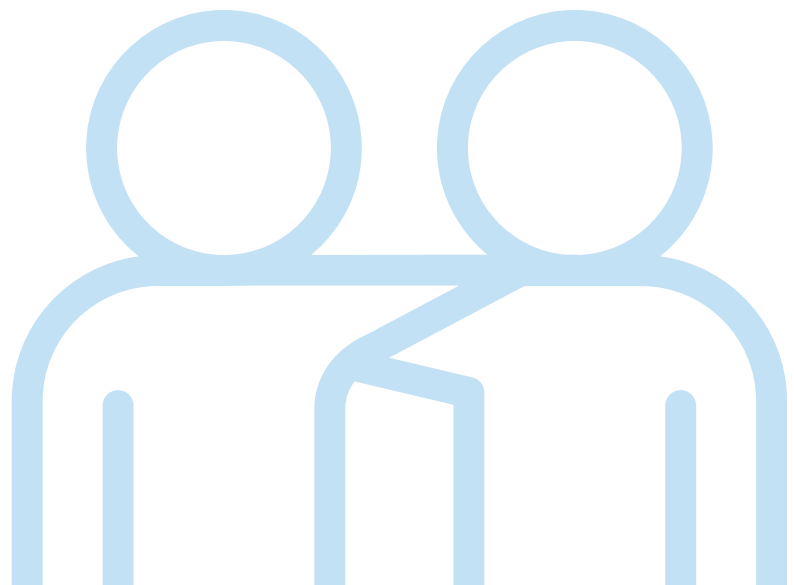
REPORT THE RESULT. FOLLOW SELF-ISOLATION ADVICE FOR THOSE WHO RECEIVE A POSITIVE PCR TEST

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?

ISOLATE AND TAKE A PCR TEST.

FOLLOW COVID-19 TESTING GUIDANCE.



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.

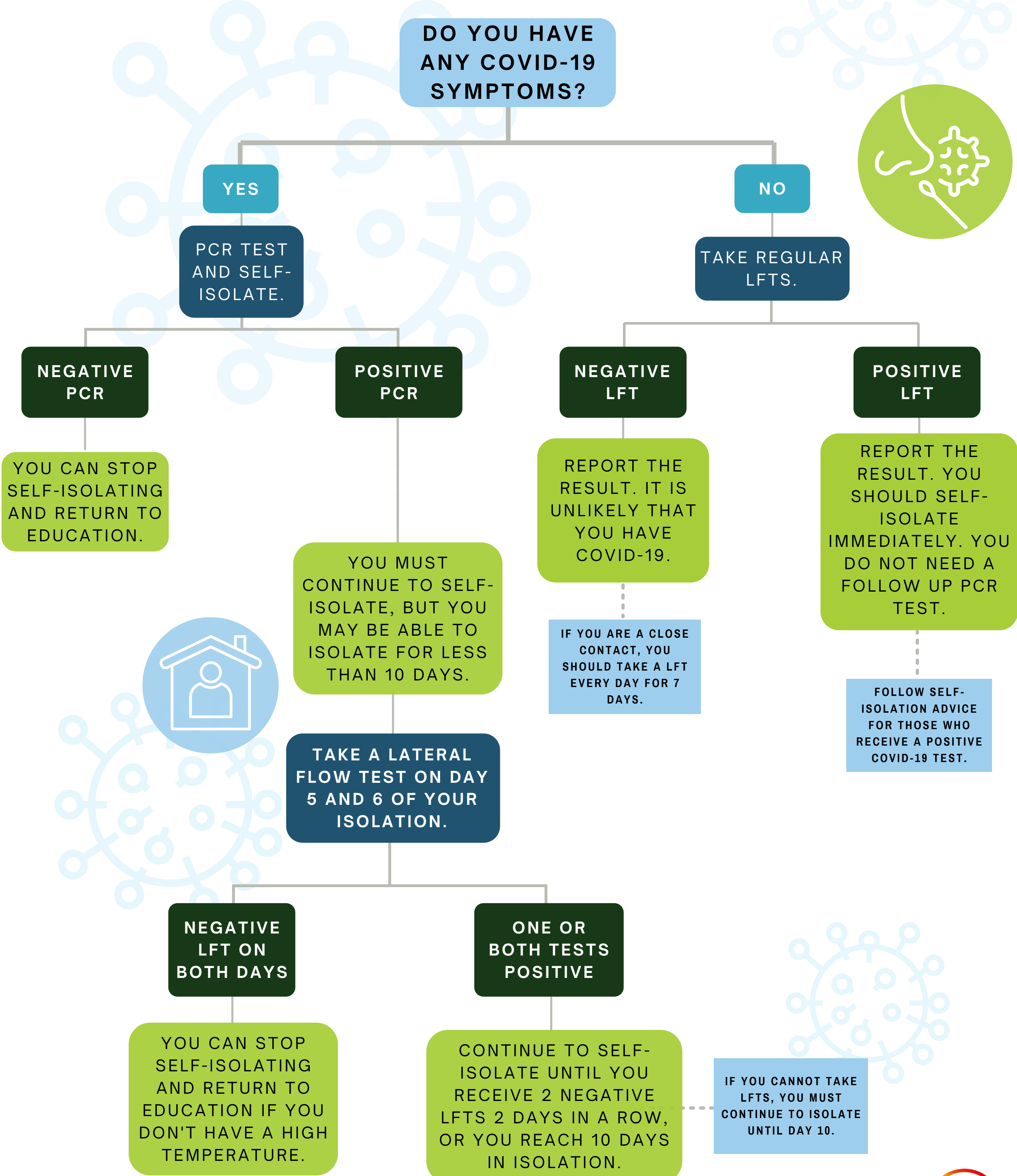
*If you have a high temperature after the 10 days, or are feeling unwell, keep self-isolating and seek medical advice.

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