



UK Health
Security
Agency

What to do if you test positive for COVID-19



Easy read booklet

Updated May 2022

What is in this booklet

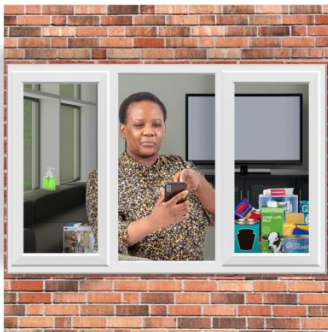
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What to do if you test positive for COVID-19



If your COVID-19 test is positive, there is a high chance you have COVID-19.

You might not have symptoms, but you can still pass the infection on.



Try to stay at home and keep away from people for 5 days after the day you took your test.

Most people will not pass the infection on after **5 days**.



If you test positive, stay at home for longer if you have a high temperature or feel unwell.

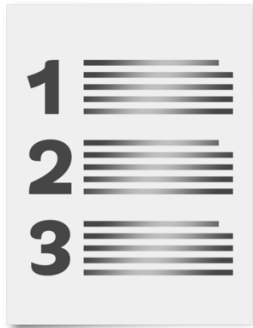
Some people may still pass the infection on to others **after 10 days**.



Stay away from people who have a weak immune system. You should do this for **10 days** after you take your test.

Try to work from home if you can.

What to do if you leave your home when you have tested positive



If you leave your home during the 5 days you still make it harder to pass on COVID-19:



- wearing a face covering that fits well and has more than one layer. Or you can wear a surgical face mask
- stay away from crowded places like public transport, large social events and places with no fresh air
- exercise outdoors in places where you can stay away from other people
- cover your mouth and nose if you cough or sneeze
- try not to touch your face
- wash your hands regularly with soap and water or use hand sanitiser



Always wash your hands after coughing, sneezing or before touching food.

If you test positive for COVID-19



If you have COVID-19, the people who live with you are at a high risk of getting it too.

People who stay overnight in the house with you are also at high risk.



It can take **up to 10 days** for an infection to develop.

You can give COVID-19 to someone even if you have no symptoms.



You can lower the risk of infection by staying away from people.

You should also wear a mask or face covering and wash your hands regularly.



Read more about [living safely with respiratory infections.](#)

Children and young people



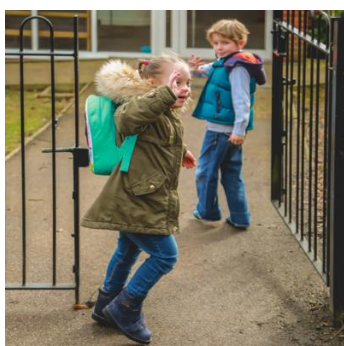
Children and young people should **not be tested for COVID-19** unless a health professional like a doctor says they should.



If a child or young person has a positive COVID-19 test result they should stay at home for **3 days** and keep away from people.



If they feel well and have no temperature after 3 days, the risk of giving COVID-19 to someone else is low.



Children and young people should keep going to school, college or childcare as usual, even if they live with someone who has a positive COVID-19 test.

How to stay safer at home if you have tested positive for COVID-19



If you have COVID-19, there is a good chance other people in your home will catch it too.

You can help to stop this by:



- keeping away from other people – for example try not to be in a space you share like a kitchen
- cleaning surfaces you touch a lot – for example in the kitchen or bathroom
- washing your hands regularly using soap and water
- wearing a face covering that fits well and has more than one layer or a surgical face mask