# What to do if you test positive for COVID-19

**Easy read booklet**

**Updated May 2022**

# What is in this booklet

# 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**.

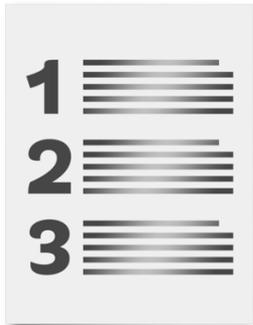If you test positive, stay at home for longer if you have a high temperature or feel unwell.

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.**
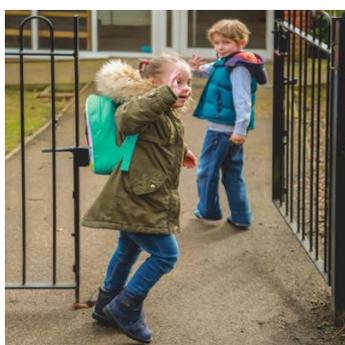
# Children and young people

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