

IMPORTANT

Lateral flow device tests (LFDs) should be taken by people who do not have Covid-19 symptoms

Anyone who develops 1 of the 3 main Covid-19 symptoms (high temp, new & continuous cough, loss of taste/smell) should self-isolate and take a PCR test

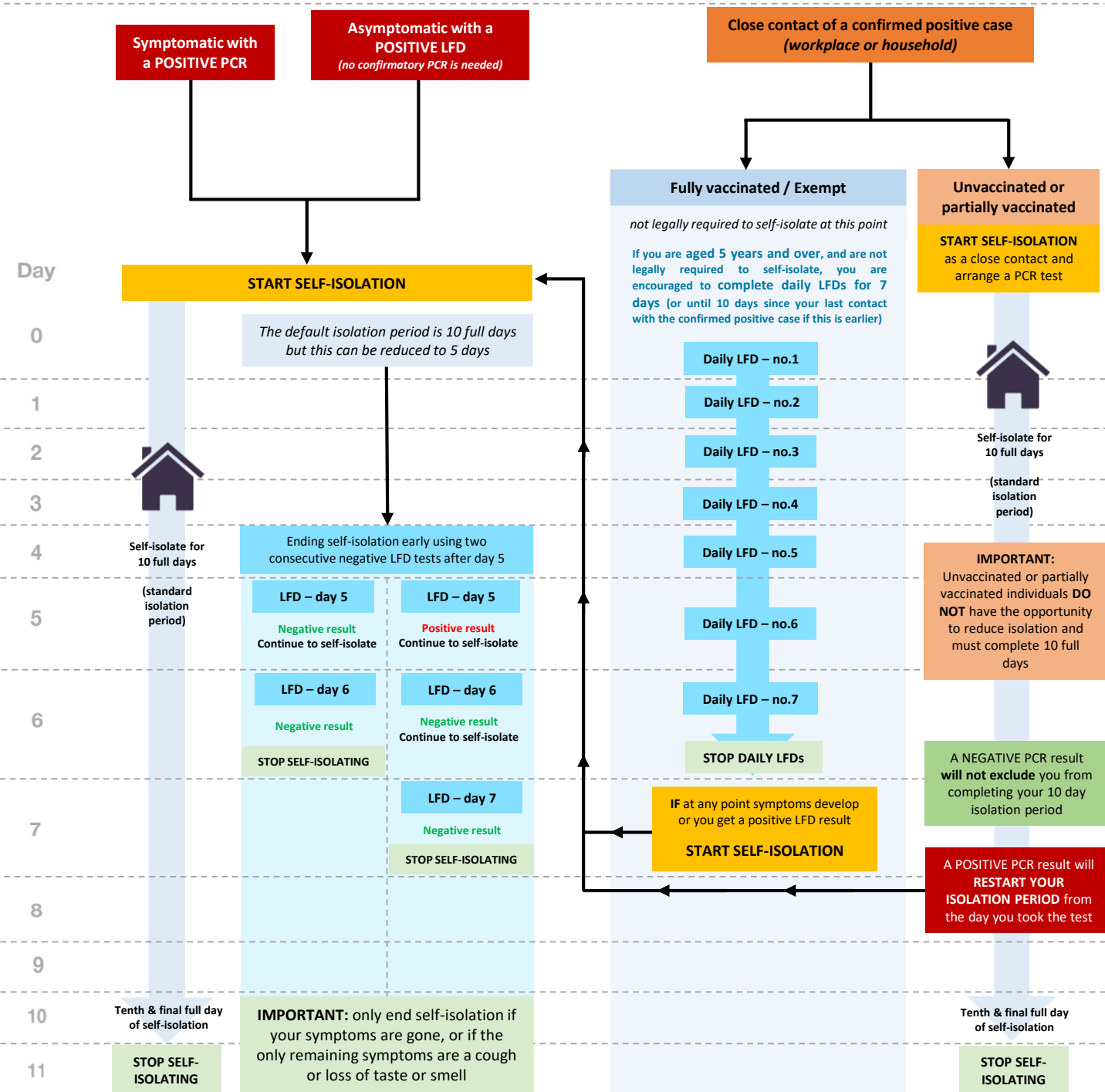
The temporary measures re confirmatory PCRs do not detract from the importance of testing with PCRs when symptomatic

The default self-isolation period is 10 full days but there is the possibility that you can leave this earlier following two consecutive negative LFDs after Day 5, providing you are not symptomatic

As a temporary measure, a confirmatory PCR test will not be required following a positive LFD test

Please report your positive LFD result so that NHS Test & Trace can follow-up with your close contacts

For more information, NHS Test & Trace can advise you further on your next steps: please contact them directly on 119



The default isolation period is 10 full days – but this can be reduced if you meet the requirements of two consecutive negative LFD tests from Day 5

You need to self-isolate from the day you started to develop symptoms or from the day of your LFD or PCR test (whichever came first)

NHS Test & Trace are the only authority who can legally request close contacts to isolate – workplace and education settings must defer to their guidance on this

To self-isolate means
Do not go to work, school or public areas and do not use public transport or taxis.

You can only leave your home to get a test if you need to do so and you must return immediately afterwards.

Vaccination is still the most effective measure you can take to protect yourself and our community

#GetLutonVaccinated