Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for **5 days** (starting the day after your test).

Children with a positive COVID-19 test result should try to stay at home and avoid contact with other people for **3 days** after the day they took the test. Children tend to be less infectious to other people for less time than adults.

You <u>do not</u> need to do daily rapid lateral flow tests if you have been in close contact with someone with COVID-19.

COVID 19 Update
April 2022

Children who go to school or nursery who live with someone who has a positive COVID-19 test result should continue to attend as normal.

It is no longer a requirement to have 2 negative tests in order to end self-isolation for children or adults.