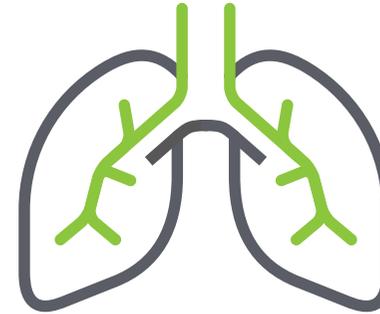


COVID-19:

What to do if...

Sanctuary
ADDENBROOKE'S

I have COVID-19 symptoms



Action needed

- 01** You need to stay within your flat
- 02** You need to book a test
- 03** Your flat also needs to self isolate whilst waiting for your test result
- 04** You need to inform Sanctuary Addenbrooke's by scanning the QR code on the back of your door
- 05** Ensure that where there are shared areas within your flat, that these areas are cleaned thoroughly after use.
- 06** Do not share items with your flatmates
- 07** Ensure that social distancing is adhered to within the flat where possible and if not, face coverings are worn and hands are washed regularly

When can I go out?

- 01** You can go out of your flat when your test comes back negative and you feel well enough
- 02** Your flatmates can go out when your test comes back negative

I tested positive for COVID-19



Action needed

- 01** You need to stay within your flat
- 02** You need to isolate for at least 10 days, from when symptoms started or from day of test if no symptoms
- 03** Inform Sanctuary Addenbrooke's immediately of your test result by using the QR code on the back of your door or by emailing your site mailbox
- 04** Your whole flat must self isolate for **14 days** from the day when your symptoms started or from the day of your test

When can I go out?

- 01** You can leave the flat after **10 days**, even if you still have a cough or loss of smell/taste. These symptoms can last for **several weeks**, once the infection has gone.
- 02** If you continue to feel unwell with other symptoms, keep self-isolating.

Somebody in my flat has tested positive for COVID-19



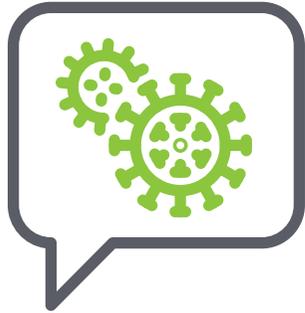
Action needed

- 01** The whole flat must self isolate for **14 days** from the day when the symptoms started or from day of test if no symptoms – even if someone else within the flat tests negative during this time
- 02** Ensure that where there are shared areas within your flat, that these areas are cleaned thoroughly after use.
- 03** Do not share items with your flatmates
- 04** Ensure that **social distancing** is adhered to within the flat where possible and if not, face coverings are worn and hands are washed regularly

When can I go out?

- 01** You can leave your flat after completion of **14 days self isolation**
- 02** Even if you have a negative test during the **14 days**, you still **must** complete the **14 days self isolation**

NHS Test and Trace has identified me as a close contact of somebody with symptoms or confirmed COVID-19



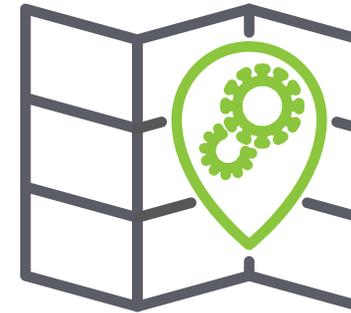
Action needed

- 01** You must self isolate for **14 days**, as advised by **NHS Test and Trace**, even if you test negative during these **14 days**
- 02** The rest of the household does not need to self isolate unless they are also a close contact or you develop **symptoms** or **test positive**
- 03** Ensure that where there are shared areas within your flat, that these areas are cleaned thoroughly after use
- 04** Do not share items with your flatmates
- 05** Ensure that social distancing is adhered to within the flat where possible and if not, face coverings are worn and hands are washed regularly

When can I go out?

- 01** You can leave the flat, once you have **completed your 14 days self isolation**

I have travelled and must isolate as part of a period of quarantine



Action needed

- 01** You need to self isolate for **14 days**, even if you test negative during this time
- 02** The rest of your flat does not need to self isolate, unless you start to display symptoms or test positive
- 03** Ensure that where there are shared areas within your flat, that these areas are cleaned thoroughly after use
- 04** Do not share items with your flatmates
- 05** Ensure that social distancing is adhered to within the flat where possible and if not, face coverings are worn and hands are washed regularly

When can I go out?

- 01** You can leave the flat once your quarantine period of **14 days** is complete

Who should get a test for COVID-19?



Action needed

- 01** Only persons with symptoms need to book a test
- 02** People without symptoms are not advised to get a test, even if they are a close contact of someone who tests positive

Symptoms include at least one of the following:

- 01** A high temperature
- 02** A new or continuous cough
- 03** A loss of or change to your sense of smell or taste

Further guidance can be found at:

www.nhs.uk/conditions/coronavirus-covid-19/