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What to do if you have a positive result for the Covid-19 virus

Like all hospitals we are working hard to tackle the impact of the Covid-19 virus.

Due to the increased health and safety risk caused by the Covid-19 virus, we are testing all patients who are admitted to hospital. Some people who test positive for the virus will not need to be admitted to hospital and can go home.

If you have had a positive test (even if you have no symptoms) there are some important steps to take to help control the spread of the virus to friends, the wider community and the most vulnerable.

If you live alone

If you live alone you should stay at home for 7 days from the day you were told your test was positive. This will reduce the risk of you infecting others. **If you develop symptoms following the test, you should stay at home for full 7 days from the start of the symptoms.** If you still have a temperature 7 days after the start of symptoms you should contact NHS 111 online [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19/) and follow the guidance.

If you live with others

If you live with others, the person who has had a positive test result should stay at home for 7 days from the day they were told this. All other household members should isolate as a household for 14 days even if they don’t have symptoms themselves. The 14-day period starts from the first day the person was told that their test was positive. Working members of your household can get an isolation note for their employer on the NHS 111 website [111.nhs.uk/isolation-note](https://111.nhs.uk/isolation-note). If they can work from home they do not need an isolation note.

If you have to isolate as a household:

* plan ahead and ask others for help to make sure you can stay at home successfully
* ask your employer, friends and family to help you get the things you need to stay at home
* stay at least 2 metres (about 3 steps) away from other people in your home whenever possible
* sleep alone if possible
* do not share towels, clothes, toothbrushes or razors
* wash your hands with soap and water for 20 seconds regularly
* stay away from the elderly and those with underlying health conditions as much as possible
* consider whether older people and those with underlying health conditions can stay in another house while you need to stay at home
* contact essential carers to tell them someone in your household has symptoms, so that they can follow the correct procedures to prevent spread of the infection
* make sure that you keep in touch with friends and family by phone or through social media.

Avoid close contact with others by:

* not having visitors
* not using taxis or public transport
* asking a friend or neighbour to get your shopping or arranging for a delivery to be left at your door.

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