



# Are you ready if your coronavirus LFD result is positive?



If your LFD\* result is positive you must self-isolate for 10 days from the day of the test

Your household and close contacts will also need to isolate for 10 days

You should arrange to have a follow-up PCR\*\* test as soon as possible

If the follow-up PCR test result is negative, you and your household contacts can stop self-isolating



\* A test done at home or work which gives results in about 30 mins

\*\* A test sent to a lab to get the results

Book via [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or dial 119

If friends and relatives can't help you during self-isolation, we are here for you.

Just type in your postcode and what help you need in the coronavirus section at: [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

If you can't find what you need our community hub can help with:

£  
Money advice

Test and trace support payments

Access to food, essential supplies and shopping

Feeling isolated, lonely and need to talk

£  
Money worries

Other support while self-isolating

Contact the hub on 03000 260 260 or email [communityhub@durham.gov.uk](mailto:communityhub@durham.gov.uk)