



Better for everyone

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
or Dial 119

Turn over to find out how we can
help you during self-isolation



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



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