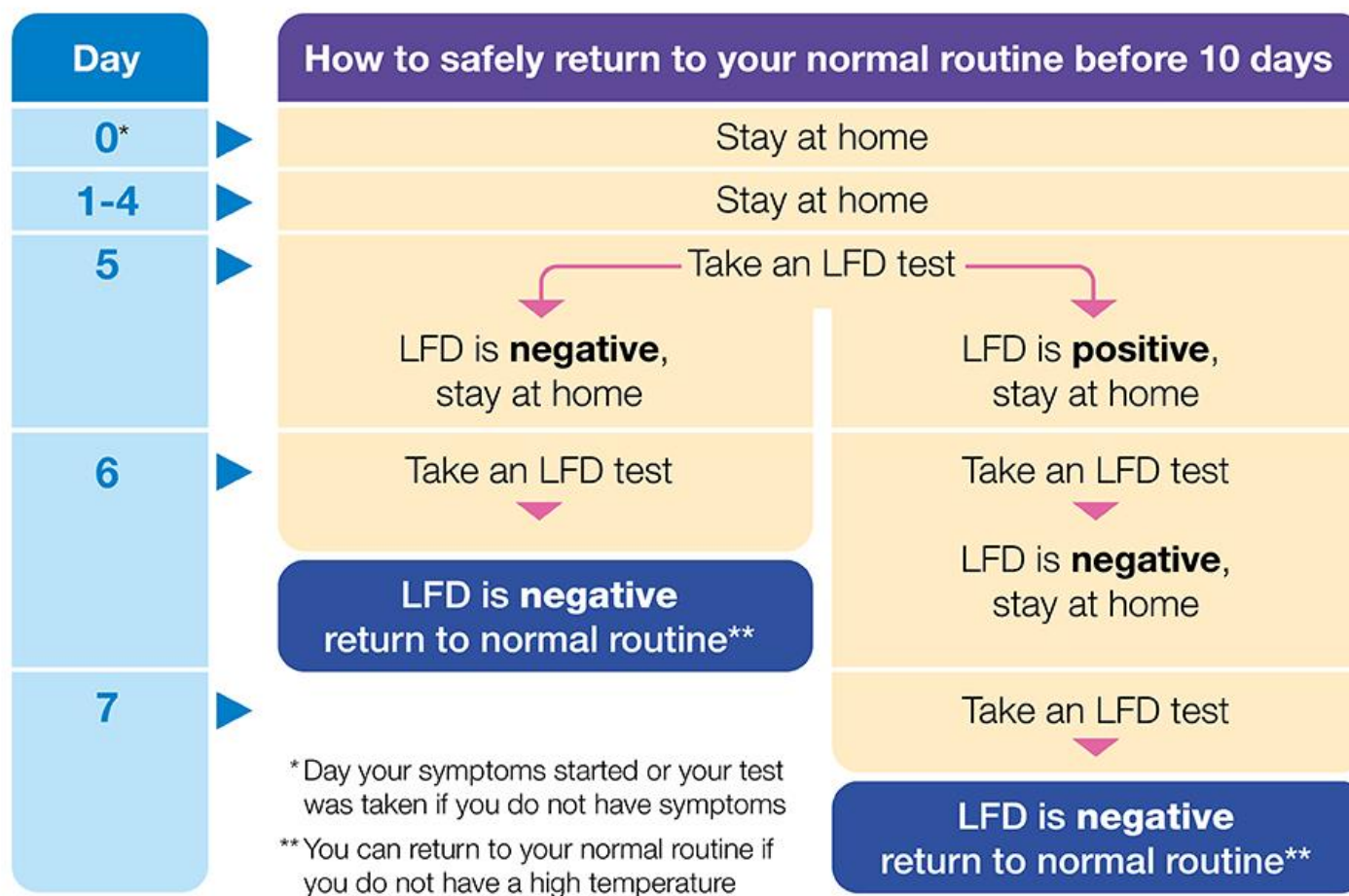


Returning to your normal routine after Covid-19 – a pictorial guide



NOTE: If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.

Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests' results are negative, they should return to their educational setting, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.

Avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system, for the 10 days after your symptoms started (or the day your test was taken if you did not have symptoms). After 10 days if the LFD test is still positive, you should stop testing and return to school or work (if you are well enough to do so) on day 11.