

## Asymptomatic Lateral Flow Testing



**No COVID symptoms**

Take an LFD test twice a week  
or before higher risk activities

**My LFD test is positive**

Self isolate for **10 days** after the day  
you took the test.

You can stop self-isolating from day 7 **with**  
**2 negative LFDs at least 24 hours apart**

The earliest date you can take the first  
LFD is day 6.

**You do not need to book a PCR test**

**COVID symptoms**

Self isolate and  
book a PCR test

**My PCR test is positive**

Self isolate for **10 days** after the day  
you took the test.

You can stop self-isolating from day 7 **with**  
**2 negative LFDs at least 24 hours apart**

The earliest date you can take the first  
LFD is day 6.