

<p><b>Why is daily testing for contacts of Covid-19 being introduced now?</b></p>	<p>A combination of daily testing and limiting avoidable social contact will help reduce the spread of-the virus. This is because it can help identify positive cases who are asymptomatic and break the chains of transmission.</p> <p>This will also remove the need to isolate for fully vaccinated individuals who may have had contact with a suspected or confirmed COVID-19 case, removing the impact that can have on mental health and wellbeing.</p>
<p><b>Who is eligible to take part in daily testing for contacts of Covid-19?</b></p>	<ul style="list-style-type: none"> <li>• Fully vaccinated household and non-household adult contacts</li> <li>• Close contacts aged 5 years to 18 years and 6 months</li> <li>• Residents of England who are notified as a close contact whilst in England. If you are identified as a close contact whilst resident in one of the devolved administrations you must follow the local guidance.</li> <li>• If you are a fully vaccinated and identified as a contact whilst on a plane, when returning home from abroad. - note</li> </ul>
<p><b>How do I know if I'm eligible for daily testing for contacts of Covid-19?</b></p>	<p>NHS Test and Trace will notify you if you are a contact of a positive case and will signpost you to further information about eligibility on daily testing for contacts of Covid-19.</p>

**I am fully vaccinated and a contact of someone with Covid-19, what do I need to be aware of?**

- You should wear a face covering where required such as in indoor public places and on public transport, including taxis.
- You should limit avoidable social contact as much as possible, particularly around vulnerable people, and in crowded, enclosed or poorly ventilated spaces.
- Work from home if you can and if you cannot work from home you will need to follow any specific guidance for your workplace.
- Limit contact with anyone who is at higher risk of severe illness if infected with COVID-19.
- Lateral Flow Tests can detect the vast majority of cases, however if you develop COVID-19 symptoms isolate and take a PCR Test.
- Follow the guidance on how to stay safe and help prevent the spread.

<p><b>What is the minimum age for daily testing for contacts of Covid-19 ?</b></p>	<p>With parental consent, children aged 5 and over can participate in daily testing for contacts of Covid-19.</p>
<p><b>Can children participate in daily testing for contacts of Covid-19?</b></p>	<p>Daily testing for contacts of Covid-19 is available to children aged 5 and over. It is strongly encouraged for 12-18 year olds but left to the discretion of parents/guardians for under-12s.</p>
<p><b>I am fully vaccinated. Am I legally required to undertake daily testing for contacts of Covid-19?</b></p>	<p>All fully vaccinated contacts who are eligible for daily testing for contacts of COVID-19 are only advised to test – they will have no legal requirements for self-isolation, this will not change whether they chose to test or not.</p> <p>All contacts whether they test or not should continue to follow national guidance as well as limit social contacts – especially around elderly and vulnerable people.</p>
<p><b>I am not fully vaccinated. Why can't I undertake daily testing for contacts of Covid-19 instead of self-isolation?</b></p>	<p>Only fully vaccinated contacts of a positive case are exempt from isolation and can participate in daily testing for contacts of Covid-19.</p> <p>Unvaccinated close contacts are legally required to isolate for 10 days from the contact with the positive case, unless they are part of an approved Workplace Daily Contact Testing scheme.</p>

<p><b>What is the definition of fully vaccinated?</b></p>	<p>'Fully vaccinated' is defined as having received full course of an MHRA approved vaccination, with 14 days having elapsed since the final dose (see FAQs for definition of a full course, by vaccine type). You are also considered fully vaccinated if:</p> <ul style="list-style-type: none"> <li>• You are under 18 years and 6 months.</li> <li>• You are taking part or have taken part in an MHRA approved Covid-19 vaccine clinical trial.</li> <li>• You are unable to be vaccinated for medical reasons.</li> </ul>
<p><b>If I am eligible for daily testing for contacts of Covid-19 , where can I access LFD tests?</b></p>	<p>If you are eligible for daily testing for contacts of Covid-19, you can access test kits:</p> <ol style="list-style-type: none"> <li>1. Use any unused stocks of LFDs that you have at home</li> <li>2. From school/university if you already obtain test kits from here</li> <li>3. From pharmacies: <a href="https://www.nhs.uk">Rapid lateral flow coronavirus (COVID-19) tests - NHS (www.nhs.uk)</a></li> <li>4. From community testing sites</li> <li>5. From the gov.uk home order channel: <a href="https://www.gov.uk">Order coronavirus (COVID-19) rapid lateral flow tests - GOV.UK (www.gov.uk)</a></li> </ol> <p>Participants can contact 119 if they need support ordering/accessing test kits and for language support if English is not their first language.</p> <p><b>We ask that you do not stockpile tests, please only hold keep what you would need for one round of seven days testing for each member of your household.</b></p>

<p><b>What if I am eligible but can't access test kits?</b></p>	<p>If you cannot access test kits, you do not have to self-isolate but you are strongly advised to limit close contact with other people outside your household, especially in crowded or enclosed spaces and with anyone who is more vulnerable. You should continue to follow the current government guidance.</p>
<p><b>Are Omicron contacts treated differently to other contacts?</b></p>	<p>No, all fully vaccinated contacts will be exempt from isolation and advised to undertake daily testing for contacts of Covid-19. This also applies to contacts of suspected or confirmed cases of the Omicron variant.</p> <p>All close contacts who are not fully vaccinated, including close contacts of suspected or confirmed cases of the Omicron variant, are required to self-isolate for 10 full days from their contact with the positive case.</p>
<p><b>Why are Omicron contacts no longer asked to isolate when we know how transmissible the variant is?</b></p>	<p>Public health research has shown that a combination of daily testing and limiting avoidable social contact is effective in restricting transmission and containing the virus.</p>
<p><b>What happens if you're isolating because of Omicron?</b></p>	<p>If you are fully vaccinated and currently isolating due to being a contact of someone that has Omicron, you no longer need to isolate and should take daily LFD tests for the isolation period of 10 days after your initial exposure date.</p> <p>You are also strongly advised to limit close contact with other people outside your household, especially in crowded or enclosed spaces and with anyone who is more vulnerable. You should continue to follow the current government guidance.</p>

**When should I start testing and how many tests should I take?**

If you are eligible for daily testing for contacts of Covid-19, you should ensure you have sufficient LFDs to complete 7 daily tests.

You don't have to self-isolate whilst you wait to take your first test.

Take a test as soon as you know that you have been in close contact with a positive case.

- If you test negative – it is important to follow national guidance, including reducing contact with others, especially the elderly and vulnerable.
- If you test positive – self-isolate immediately and you must take a confirmatory PCR test

You should take a maximum of 7 tests or until 10 days after exposure to the positive case if sooner.

<p><b>Do I need to take all 7 LFD tests?</b></p>	<p>Contacts participating in daily testing for contacts of Covid-19 are asked to take a LFD test for 7 consecutive days (or until 10 days after exposure to the positive case, if sooner).</p>
<p><b>What if I have a positive LFD result or develop symptoms while undertaking daily testing for contacts of Covid-19?</b></p>	<p>If you develop symptoms of COVID-19, however mild, and/or your LFD test gives a positive result, you should self-isolate and order a confirmatory PCR test <a href="https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus-covid-19">Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK (www.gov.uk)</a>.</p> <p>You should self-isolate for 10 full days (without taking any further LFD tests) unless a confirmatory PCR test taken within the next 2 days gives a negative result.</p>
<p><b>How can I report my LFD test result?</b></p>	<p>For every test that you take, you should report your LFD result via this gov.uk page: <a href="https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result">Report a COVID-19 rapid lateral flow test result - GOV.UK (www.gov.uk)</a>.</p> <p>Participants can contact 119 if they need support reporting their results and for language support if English is not their first language.</p> <p>It is important to report your result even if it is negative or invalid so that we can track the numbers of positive results being reported against the total number of tests being taken. This helps us to spot patterns and identify outbreaks more quickly.</p> <p>If people only tell us positive results, virus case levels look higher than they really are. So even if your test is negative or void, make sure you report it to us right away.</p>

**Can I use the LFD test kits I already have for daily testing for contacts of Covid-19?**

You should use any unused stocks of LFDs that you have at home. You can get further supplies:

1. From school/university if you already obtain test kits from here
2. From pharmacies: [Rapid lateral flow coronavirus \(COVID-19\) tests - NHS \(www.nhs.uk\)](https://www.nhs.uk)
3. From community testing sites
4. From the gov.uk home order channel: [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Participants can contact 119 if they need support ordering/accessing test kits and for language support if English is not their first language.

**How do my test results affect what I can and can't do?**

**Positive LFD:**

If you test positive with an LFD test you should self-isolate and order a confirmatory PCR test: [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-PCR-test-to-check-if-you-have-coronavirus-covid-19).

**Positive Confirmatory PCR:**

If your confirmatory PCR test is positive, you must self-isolate for 10 days and should inform people you may think are a contact.

**Negative LFD:**

If you test negative – it is important to follow national guidance, including reducing contact with others, especially the elderly and vulnerable.

**Negative Confirmatory PCR:**

If your confirmatory PCR test is negative, you do not need to isolate but you should continue the remainder of your daily LFD tests.