**UPDATED GUIDANCE:**

**What test to use when:**

**Individual has one of the three COVID-19 symptoms – a high temperature, or a new and continuous cough, or a loss or change in sense of taste and/or smell**

**Book a PCR test via the national booking portal**[**https://www.gov.uk/get-coronavirus-test**](https://www.gov.uk/get-coronavirus-test)**or calling 119 and selecting that you have COVID-19 symptoms when prompted.**

**Individual has shortness of breath, muscle or body aches, fatigue, sore throat, headache, nasal congestion or runny nose, diarrhoea, nausea or vomiting**

**Book a PCR test via the national booking portal**[**https://www.gov.uk/get-coronavirus-test**](https://www.gov.uk/get-coronavirus-test)**or by calling 119 and selecting you do not have symptoms and then selecting the option ‘my local council or health protection team has asked me to get a test, even though I do not have symptoms’ when prompted.  The staff and children are not required to self-isolate unless the test is positive, this advice is precautionary advice not national guidance.**

**Individual is well and has not experienced any of the symptoms listed above in the past 10 days**

**Undertake an LFD test twice weekly – these tests should not be used if an individual is experiencing any symptoms and is suspicious they are being caused by COVID-19 due to the accuracy of the tests.  There is no recommendation to test children under the age of 11 twice a week.**