

7th January 2022 Inclusion North News

Inclusion North will give you the Government's big messages here.



PCR tests

We must take a PCR test and stay at home if we have 1 of the 3 main Coronavirus symptoms. These are

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste



We must self-isolate if we get a positive test result, even if we had a recent negative lateral flow test.

Lateral flow tests

Lateral flow tests are done when we do **not** have Coronavirus symptoms.



From the 11th January 2022 there are some changes that we need to know about when we do a lateral flow test.



These changes are only in place whilst the coronavirus rates are high.

This is because most people with a positive lateral flow test result can be sure that they do have coronavirus.





If the result of our lateral flow test is positive for coronavirus we will have to self-isolate straight away.



But we won't need to have a PCR test to confirm the positive coronavirus result like we did before.

If you receive a positive lateral flow test result you should report your result on the GOV.UK website.



You can order lateral flow tests on the GOV.UK website or by phoning 119.



Keeping well tips

- Work from home if you can
- Wear a face covering when you are out of your home if you can
- Wash your hands more often



Say hello and check in with someone you haven't seen or spoken to for a while. You could do this in lots of different ways:



- Write them a letter
- Draw them a picture
- Send them a text
- Give them a call

