Dear (Name)

**Advice following confirmation of COVID-19 positive result**

Thank you for your help in identifying those who have been in contact with you.

As discussed, please follow the “Stay at Home” guidance which can be found here <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>.

You identified that your symptoms started on xxxxxx. You need to self-isolate (stay at home) until insert date (10 days after symptom onset/date of test if no symptoms; day of test/ symptom onset = day 0).

You can return to the setting after 10 days if you are well AND you have not had a fever, vomiting, or diarrhoea for 48 hours. You may return to school if you still have a persistent cough or decreased sense of taste or smell, as these symptoms can last for some time.

Your household contacts will need to stay at home for 14 days from the date your symptoms appeared i.e. Insert Date. They should not go to work, school or public areas and exercise should be taken within the home. If they develop symptoms during this time, please arrange for them to be tested via the [NHS online portal](https://111.nhs.uk/covid-19) or by calling 119. If you need medical advice, please call NHS 111.

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

**Symptoms**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

* new continuous cough and/or
* high temperature
* a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

**How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19.

**Do**

* wash your hands with soap and water often – do this for at least 20 seconds
* use hand sanitiser gel if soap and water are not available
* wash your hands as soon as you get home
* cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* put used tissues in the bin immediately and wash your hands afterwards

More information about the symptoms of COVID-19 can be found at the NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

I wish you a speedy recovery.

Best wishes,

Name

Role