

Lateral flow testing

What to do when you get your result

If you have a positive lateral flow test (LFT), you will need to have a follow-up Polymerase Chain Reaction (PCR) test.

When you get your result, we will tell you how to arrange this further test.

| Your LFT result | Your follow-up PCR test | What to do next? |
|----------------------------|--------------------------------|--|
| My LFT result is negative. | Follow-up PCR is not required. | You can continue as normal, provided that: <ul style="list-style-type: none">• you have no COVID-19 symptoms;• you have not been identified as a close contact; and• no-one in the household has tested positive for COVID-19. |
| My LFT result is positive. | My PCR result is negative. | You must remain in isolation until risk assessment has taken place and you have been given advice that it is safe to return to work. |
| My LFT result is positive. | My PCR result is positive. | You must remain in isolation until end of isolation period and you have been fever-free for 48 hours. |

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Remember, that it is still important to follow the **FACTS**, regardless of your result.

- **F** – Face coverings. These should be used in shops and on public transport (buses, trains and taxis)
- **A** – Avoid crowded places.
- **C** – Clean your hands frequently, using water & soap whenever possible.
- **T** – Two metres – observe physical distancing.
- **S** – Self-isolate and book a test if you are suffering from COVID-19 symptoms.

Working together to achieve the healthiest
life possible for everyone in Ayrshire and Arran

