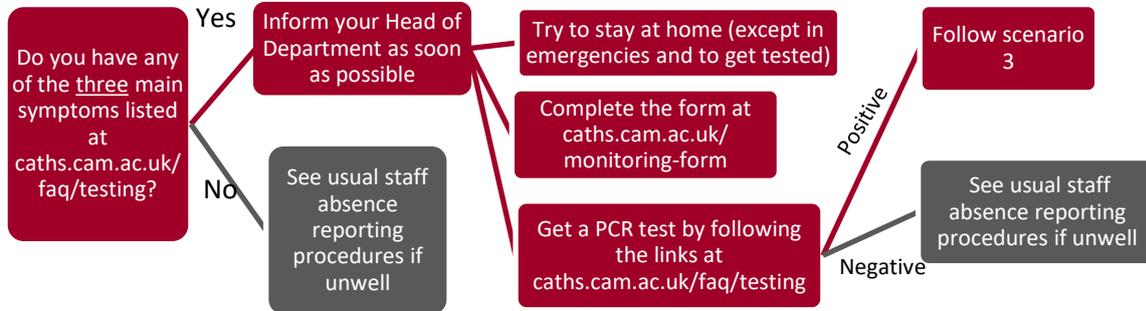




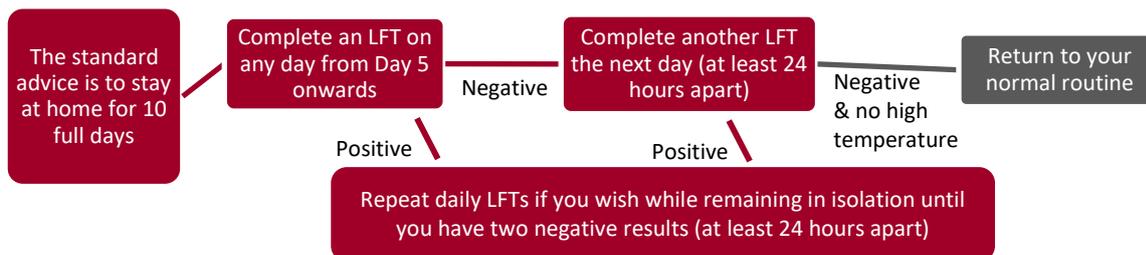
SCENARIO 1: You experience (even mild) symptoms (until 1 April)



SCENARIO 2: You have no symptoms but a positive lateral flow test (LFT)



SCENARIO 3: After you have tested positive (LFT or PCR)



Scenarios continued overleaf



SCENARIO 4: You are in the same household as/recently stayed overnight with someone who has tested positive for COVID-19 (LFT or PCR)

- Stay at home until you have been able to contact your Head of Department or Maxine Flynn, HR Manager (hr.manager@caths.cam.ac.uk) for further advice
- [Follow all the steps advised by the Government](#) **for 10 days** after the day symptoms started for the person you live/stayed with (or the day their test was taken if they did not have symptoms):
 - Minimise contact with the person who has COVID-19
 - Avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those with a severely weakened immune system
 - Limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
 - Wear a well-fitting face covering made with multiple layers or a surgical face mask in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
 - Pay close attention to the main symptoms of COVID-19. If you develop any of these symptoms, order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for your test result

SCENARIO 5: You are a close contact of someone who has tested positive for COVID-19 (LFT or PCR) but they are not in your household and you didn't stay overnight with them

- If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected.
- You can contact your Head of Department or Maxine Flynn, HR Manager (hr.manager@caths.cam.ac.uk), to explain what has happened and confirm what to do next
- Carefully follow the guidance on [Coronavirus: how to stay safe and help prevent the spread](#).