

# COVID-19 POSITIVE TEST RESULT

## - What does this mean?

# Protect your family and friends

If someone in your house tests positive, all those living in the house need to isolate immediately.

### *You should:*



not send your child to school



not go to work



not leave your house (other than to get a Covid-19 test)



not have visitors in your home



ask friends or family to do your shopping or shop online

### *For everyone in isolation:*



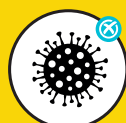
Keep in contact with friends and family by phone, video and online



Carry on hobbies and interests within your home if you are able to



Take regular exercise within your home if able to



Seek help if you develop symptoms or existing symptoms get worse by calling NHS 111

### *Who can help?*

**North East Lincolnshire Council**  
– For information on food services, welfare and test and trace support payments call 01472 313131 (Monday to Friday 8:30am to 5pm)

**NEL Single Point of Access**  
– If you have medical, health, befriending, bereavement, mental health or adult social care enquiries call 01472 256256.

**Mental health support**  
– You can call NAViGO on 01472 256256, option 3 for 24/7 mental health support in North East Lincolnshire.