



Frequently asked questions regarding LFTs and self-isolation

1. Why did the self-isolation policy change from 10 days to 5 days?

Previously a self-isolation policy of 10 days for cases was required because people continue to shed live virus for the 10 days and then could pass infection onto others. Evidence now shows us that the risk of infecting others and shedding live virus can be reduced if a person is asymptomatic on day 5 and tests negative this day.

2. What happens if I still have symptoms on day 5?

If you have tested negative on day 5 there is no need to remain self-isolating; if however you still remain feeling unwell it will be necessary to self-care as you would with a cold or the flu (seeking further advice should you require it).

If you have tested positive on day 5, and the subsequent days following, you will need to continue self-isolation until you test negative or until day 10. After day 10 you can exit isolation without the need for further testing.

3. Is it necessary to call 111 to arrange my Lateral Flow Test (LFT)?

111 are available to provide medical advice for anyone at any time, however testing is no longer arranged through this service.

Free COVID-19 tests are provided by the Gibraltar Health Authority for:

- Individuals who require a pre-admission tests prior to surgery.
- Identified vulnerable individuals who display symptoms and remain at high risk of poor health outcomes.
- Health and social care workers that remain in close contact with vulnerable cohorts.

Those who are not eligible for free LFTs can purchase test kits themselves from pharmacies and other commercial outlets.

Testing is recommended for *anyone* who is querying COVID-19 symptoms.

4. Do I need to report my LFT results?

All Lateral Flow Test results should be reported, irrespective of the result being positive or negative. This allows Public Health to monitor infection within the community, identify outbreaks quickly and implement control measures where necessary to prevent further spread. Read more on the Public Health website: <https://healthygibraltar.org/news/reminder-reporting-lft-results/>

5. How do I arrange testing for day 5?

Testing for day 5 (or any subsequent days) should be done using a home LFT kit. You can come out of self-isolation following a negative test result.

If you do not have a supply but are eligible for free GHA COVID-19 tests please call 111.

6. What if my day 5 test result is positive?

If you have tested positive on day 5 you will need to continue self-isolation until you obtain a negative test (this may be on day 6, 7, 8 or 9). At day 10 you can exit isolation without the need for further testing.

7. What happens if I still have symptoms on day 10?

If at day 10 you still feel strongly symptomatic (i.e. fever, strong flu-like symptoms etc) please **call 111** for a medical review.

8. What evidence can I use for example to show my employer I have tested negative?

If you require a sick note to cover your leave you will need to email 111sicknote@gha.gi (providing details for yourself, name, DoB and infection etc. and for your employer, including their contact number and email).

9. Do close contacts of positive cases need to be isolated?

Close contacts do not need to isolate. They are however advised to avoid contact with anyone they 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.

Health workers who have been a close contact should inform their employer immediately and their situation will be risk assessed. This advice should be followed for 10 days after known exposure to a confirmed positive case.

10. My question isn't listed above who can I ask?

If your question isn't answered above please email it to health.promotion@gha.gi and we will respond to it as soon as we can.