
COVID-19 TEST

Report Date: **08/10/2020**

Lab Reference: **CFTIYJVDKPU4Q**

Result

NEGATIVE

Your swab did **NOT** contain viral nucleic material (RNA) from SARS-CoV-2 which causes COVID-19.
This means at the time of the test you were NOT infected with SARS-CoV-2.

Full Name

Next Step

Even with a negative COVID-19 result, you still need to continue following the government's guidelines on social distancing.

By having a negative result now, that does not mean you will be immune from getting infected with COVID-19 in the future. Therefore, following preventive guidelines such as regular washing of hands (with soap for at least 20 seconds), covering mouth and nose with a tissue when you sneeze or cough and putting used tissues into the bin immediately, ensuring you wash your hands afterwards and avoiding contact with people who have symptoms of COVID-19 are still essential.

More information on the government's rules on isolation and preventive measures can be found using the resources below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Passport Number

Treatment

There is currently no specific treatment/cure for COVID-19.

Antibiotics do not work against COVID-19 as it is a virus and not a bacterial infection.

If infected, treatments are used to relieve your symptoms while your body produces antibodies to fight the virus.

Here are a few steps you can take to help yourself get better, as recommended by **www.gov.uk**

These include drinking enough water to keep yourself hydrated, it is advised to drink enough that your urine is of a pale clear colour. Also use over-the-counter medications such as paracetamol to help with the symptoms (Use according to the instructions on the packet or label and do not exceed the recommended dose).

Doctors Signature