

# Test yourself for COVID-19 twice a week

Up to 1 in 3 people are asymptomatic - they show no signs of having COVID-19. Testing yourself regularly helps stop the virus spreading.



## Testing

Testing is simple and quick - you can do it at home and get the result in 30 minutes. Test yourself twice a week, or every 3 to 4 days.



## Report your result

You should report your result immediately [www.gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result). Please also report your result to your employer.