

Wider Covid-19 Testing FAQs

What is the new list of symptoms?

The Cardiff and Vale Test, Trace, Protect Service is now advising that you should book a test if you are experiencing any of the following symptoms: fatigue, myalgia (muscle ache or pain), a sore throat, a headache, sneezing, a runny nose, a loss of appetite, nausea, vomiting, or diarrhoea.

These are in addition to the three most common symptoms of Covid-19: a fever, a new continuous cough or a loss/change of taste and smell.

How have these been determined?

The Cardiff and Vale contact tracing team has identified that significant numbers of people who test positive for Covid-19 do not have any of the three most common symptoms during the early stages of infection.

All of the symptoms on the extended list are known symptoms for coronavirus. The list has been compiled by local public health experts based on extensive investigation into cases in Cardiff and the Vale of Glamorgan.

Do I need to self-isolate if I have any of the new list of symptoms?

Yes, if you have any of the new list of symptoms you should book a test and self-isolate until you get the result.

Does this list apply to children too?

Yes, the new list of symptoms applies to children and adults and the same steps should be followed, whatever your age.

What if I have recently had a lateral flow device (LFD) test, or regularly take one as part of my job?

Lateral flow device (LFD) tests, such as those used by school staff, are only used to detect asymptomatic cases and ensure it is safe for people to go to work. They should not be used to test for Covid-19 in anyone with symptoms. No matter how recently you have had a LFD test, if you develop symptoms you should book a full diagnostic test online or by calling 119.

What if I have recently had my first or second vaccination?

Having received the vaccination does not alter the result of a test for Covid-19. If you are unwell with any of the extended list of symptoms you should book a test. Do not assume that any symptoms are a side-effect of vaccination.

Am I entitled to financial support while self-isolating?

The self-isolation support scheme is in place in Wales for those who cannot work from home and must self-isolate. It is also for parents and carers on low incomes with children who are self-isolating.

If you have tested positive for Covid-19 you can apply for this support via your local council or through the NHS Covid-19 app.

Do I need to book a test if I have been in contact with someone who has tested positive for Covid-19?

We are now testing everyone identified as a close contact of someone who has tested positive for coronavirus. If this applies to you, the TTP team will contact you directly.

When people are identified as a contact by TTP, the team will get in touch and advise them to self-isolate and book a test. They will then be asked to take a second test up to seven days later.

This will help us to identify more people with coronavirus and their close contacts. Doing so means we can break chains of transmission and stop the virus spreading.

If you are contacted, you should remember that taking a test is not an alternative to self-isolating. If you've been identified as a close contact, it's really important you complete the 10 days of isolation and do the two tests. If you have a negative test, this doesn't mean you can go back to work or school.