

Take tests if you do not have symptoms to help manage your risk

Around 1 in 3 people with COVID-19 do not have any symptoms. This means they could be spreading the virus without knowing it. Testing regularly increases the chances of detecting COVID-19 when you are infectious but are not displaying symptoms, helping to make sure you do not spread COVID-19.

Rapid lateral flow testing continues to be available free of charge. It is particularly focused on those who are not fully vaccinated, those in education, and those in higher-risk settings such as the NHS, social care and prisons.

People may also wish to use regular rapid lateral flow testing to help manage periods of risk such as after close contact with others in a higher risk environment, or before spending prolonged time with a more vulnerable individual. You can get tests from pharmacies or online. [Find out more about how to get rapid lateral flow tests.](#)

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#).