

# IMPORTANT INFORMATION • TEST & TRACE

## FOR SOMEONE WITH SYMPTOMS OF CORONAVIRUS

**Isolate:** as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 7 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms.

**Test:** order a test immediately at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119.

**Results:** if your test is positive, you must complete the remainder of your 7-day-self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate.

**Share contacts:** if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important what you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of our contact tracers.

**If you are contacted by the NHS test and trace service, it is because you have been in close contact with someone who has tested positive for coronavirus:**

**Alert:** you will be alerted by the NHS test and trace service if you have been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS test and trace website, which is normally the easiest way for you and the service to communicate with each other - but, if not, a trained call handler will talk you through what you must do. Under-18's will get a phone call and a parent or guardian will be asked to give permission for the call to continue.

**Isolate:** you will be told to begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 14 days. Your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and hand washing and avoid contact with you at home.

**Test if needed:** if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must book a test at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119 if you have no internet access. If your test is positive, you must continue to stay at home for at least 7 days and we will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must continue your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

## ALERT YOUR MANAGER AS SOON AS POSSIBLE

**MORE INFORMATION:** <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>