

# COVID-19 TEST & TRACE



## COVID-19 SYMPTOMS?

Self-isolate

As soon as you experience:

- a high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

Self-isolate for at least 7 days

If you live with other people, they must isolate for 14 days from when your symptoms started.

## GET TESTED

Request a free test:

- **Online** [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)
- **Call 119** - translators are available

You will be asked:

- **how you want to receive the test** - drive to a testing site or order a home test kit?
- **your contact details**, including your name, phone number and address

Available for all adults and children, including overseas visitors - **all information provided will be confidential.**



## WAIT FOR RESULTS

This can take up to 72 hours

You will be contacted by email, text or phone:

- If **positive**, **continue to isolate** completing the 7 day isolation period from when your symptoms first started
- **People living in the same house as you** and others you've had close contact with must **isolate for 14 days** - even if they're not showing any symptoms
- If **negative**, there is no need to self-isolate



## WHAT NEXT?

Share contacts with NHS Test & Trace team

- If you **test positive** you will receive instructions on how to **share the details of people you have recently been in contact with**
- Please **respond as soon as possible** so the team can alert others who may also need to self-isolate which will help stop the virus spreading

You will remain **anonymous** when alerts are made.



Test & Trace Helpdesk: 0203 514 3817

Online Government Guidance: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>