CORONAVIRUS
Test and Trace
What you need to know

Got symptoms?

Isolate

Get tested

Do the right thing

Do not leave home, except to get a test

Find out how to get a test at **nhs.uk/coronavirus or call 119**

PLAY YOUR PART. PROTECT YOUR FRIENDS AND FAMILY

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Getting a test if you have symptoms

Anyone, whatever their age, who develops coronavirus symptoms can get a test.

Book a test within five days of experiencing a high temperature, a new, continuous cough or loss or change to sense of smell or taste

If you have symptoms or have tested positive for coronavirus, you'll need to self-isolate at home for at least 10 days. Everyone else in your household must stay at home for 14 days.

If someone in your support bubble has symptoms or has tested positive for coronavirus you must also stay at home for 14 days.

You must not leave home if you are self-isolating:

- Do not go to work, school or public places
- Do not go shopping or to get prescriptions – order online or ask someone to bring it to your home
- Do not have visitors to your home, including friends or family – except for people providing essential care

Do the right thing to protect your friends and family

If you or someone in your household tests positive for coronavirus you'll be contacted by the NHS Track and Trace team. You'll be asked where you have visited and who you've been in contact with. It is important that you give the correct information to keep everyone safe.

Your close contacts will be asked to self-isolate at home to stop the spread of the virus. If you are traced as a close contact you must stay at home for 14 days.

We're all in this together. By doing the right thing you are helping to protect your friends and family and things can get back to normal more quickly.