

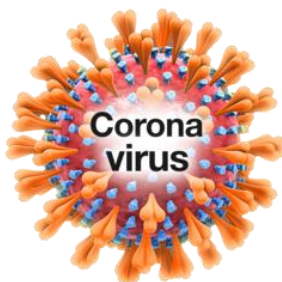


**This information gives you advice about what to do if you are contacted by the NHS test and trace service.**



This might be because you have been in close contact with someone who has tested positive for coronavirus.

**There are 3 steps to follow if you are contacted.**



### **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.



**Close contact** might mean someone who has given you personal care, or someone who has been closer to you than 2 metres.



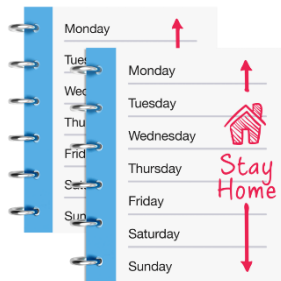
This might be a family member, a friend or a support worker.



The alert will usually come by text, email or phone call.

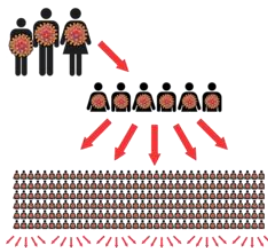


You should then log on to the NHS test and trace website. If you cannot do this on your own, someone who is trained to support you through this process will phone you and explain what you must do.

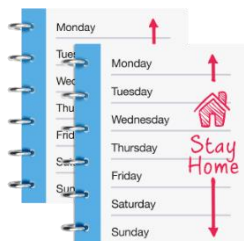


## Isolate

This means you will be told to stay at home for **14 days** from your last contact with the person who has tested positive.



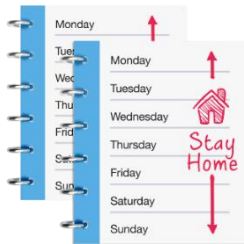
It is very important to do this even if you do not feel poorly. If you have been infected, you could give the virus to other people.



The people in your house do not need to stay at home with you if you do not have symptoms.



The people who live in your house must be extra careful about washing their hands and keeping at least 2 metres away from you at home.



## Test if needed

If you develop symptoms of coronavirus, other people who live in your house must stay at home for **14 days**.



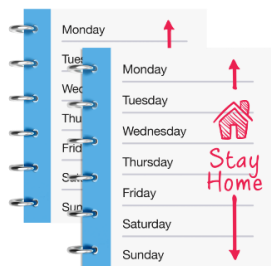
You must book a test for Coronavirus at [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119 if do not have access to the internet.



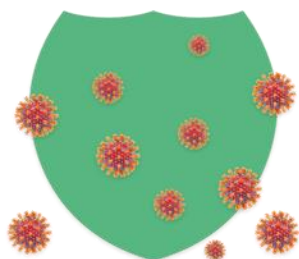
If your test is **positive**, you must stay at home for at **least 10 days**.



Someone will contact you to ask about who you have been in touch with. This is to work out who else might be at risk from catching Coronavirus.



If your test is **negative**, you must still stay at home for 14-days.



This is because you could have the virus and might not be showing any symptoms.