

NHS Test and Trace



NHS Test and Trace makes sure that anyone who has symptoms of coronavirus can be tested to see if they have the virus.



NHS Test and Trace helps to find people who have been in **close contact** with someone who has tested positive for coronavirus.



Close contact means someone who:

- has been less than 2 metres from you for more than 15 minutes in a day
- has been less than 1 metre away from you face to face (even if you were wearing a mask)
- has been in a car with you
- sat close to you on a plane



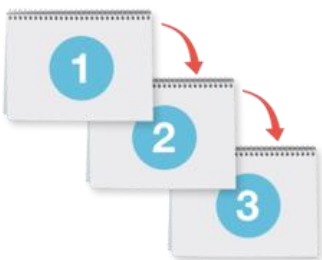
A support worker, or someone who was wearing **PPE** while they were helping you does not count as a close contact.



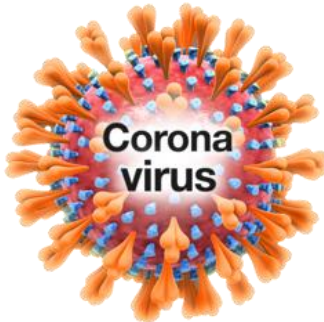
PPE is short for Personal Protective Equipment. The PPE that people have to wear to help to protect themselves against catching coronavirus while they are close to someone includes an apron, gloves and a mask.



This information gives you advice about what to do if you are contacted by the NHS Test and Trace service.



There are 3 steps to follow if you are contacted because you have been in close contact with someone who has tested positive for coronavirus.



1. Alert

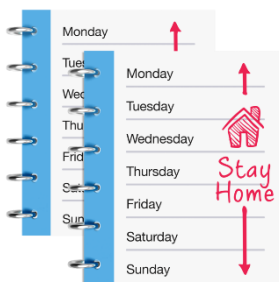
You will be alerted by the NHS Test and Trace service if you have been in **close contact** with someone who has tested positive for coronavirus.



You will usually get the alert by text, email or a phone call.

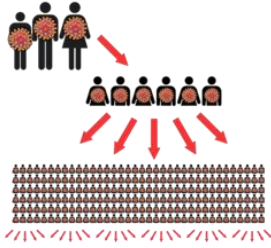


You should log on to the NHS Test and Trace website.
If you cannot do this on your own, someone who is trained to support you through this will phone you and explain what you must do.

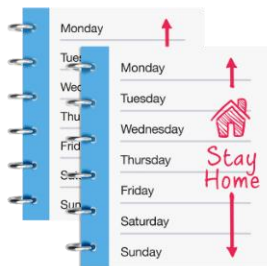


2. Isolate

You will be told to stay at home for **10 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.

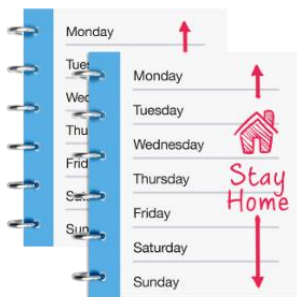


The people you live with or who are in your support bubble do not need to stay at home if you do not have symptoms.



The people you live with or who are in your support bubble must be extra careful about washing their hands and keeping at least 2 metres away from you.

3. Test if needed



If you develop symptoms of coronavirus, other people who live in your house must stay at home for **10 days**.



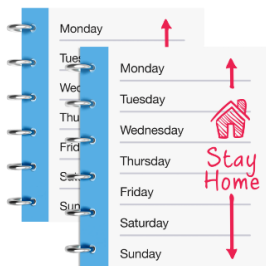
You must report your symptoms and book a test for coronavirus at <https://www.gov.uk/get-coronavirus-test> or call 119 if do not have access to the internet.



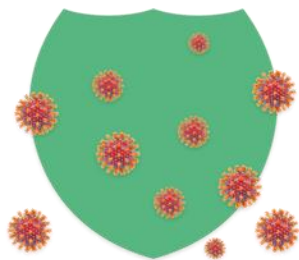
If your test is **positive**, you must stay at home for at **least 10 days**.



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 10 days.



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

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