

NHS Test and Trace



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



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:

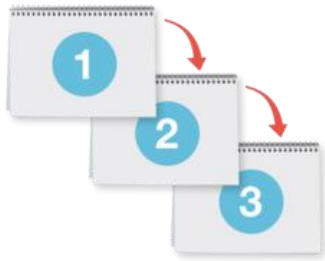
- has been less than 2 metres from you for more than 15 minutes in a day
- has been less than 1 metre away from you face to face (even if you were wearing a mask)
- has been in a car with you
- sat close to you on a plane



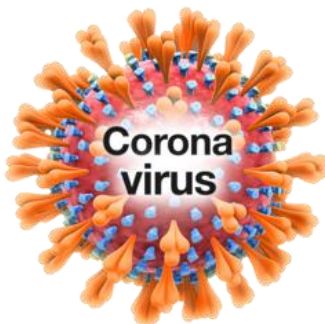
A support worker, or someone who was wearing **PPE** while they were helping you does not count as a close contact.



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.



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.

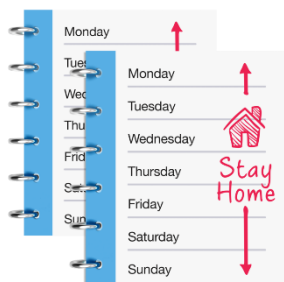


If you cannot do this on your own, someone who is trained to support you through this will phone you and explain what you must do.



2. Isolate if needed

NHS Test and Trace will ask you questions to find out if you need to self-isolate



If you need to self-isolate, you will be told how long you need to self-isolate.

3. Get a PCR test



If you are told by NHS Test and Trace that you are a close contact of someone who has coronavirus, you should get a **PCR** test.



PCR stands for polymerase chain reaction. It is a type of coronavirus test.



When you have the results of your PCR test, you will be told whether you need to self-isolate.



If your test is positive, you must stay at home and self-isolate.



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

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