

NHS Test and Trace



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



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 coronavirus.



Close contact means someone who:

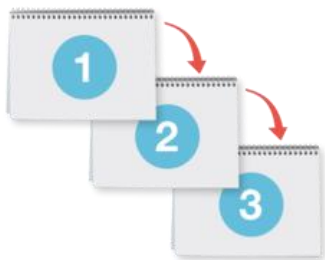
- has been less than 2 metres from you for more than 15 minutes in a day
- has been less than 1 metre away from you face to face (even if you were wearing a mask)
- has been in a car with you
- sat close to you on a plane



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 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 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.

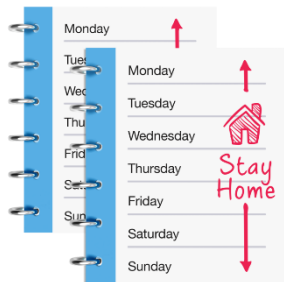


If you cannot do this on your own, someone who is trained to support you through this will phone you and explain what you must do.



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, NHS Test and Trace will tell you how long you need to self-isolate.

3. Get a coronavirus test



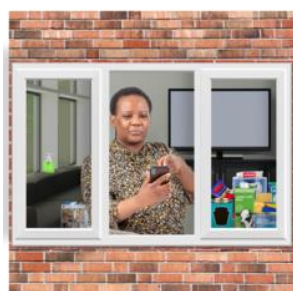
If you are told to self-isolate by NHS Test and Trace, you should get a **PCR** test.



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



If you have had a positive test result from a PCR test in the last 90 days, you should not take another PCR test.



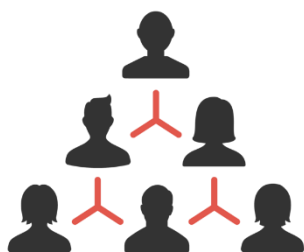
If you have a negative result from your PCR test, you will still have to self-isolate for as long as Test and Trace told you to.



If you have a positive result from your PCR test, you will need to read the [government's guidance](https://www.gov.uk/coronavirus) to see how long you have to self-isolate.



If you have a positive result from your PCR test, NHS Test and Trace will contact you to ask who you have been in close contact with.



This is to work out who else might be at risk from catching coronavirus.



If NHS Test and Trace tell you that you do not need to self-isolate, it is a good idea to take a **LFD** test.



LFD stands for lateral flow device. It is a type of coronavirus test.



The government says it is a good idea to take a LFD test every day if you have been in close contact with someone with coronavirus.

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

You need to know the date you were with the person who has coronavirus.

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
~~11~~	~~12~~	~~13~~	~~14~~	~~15~~	~~16~~	~~17~~
18	19	20	21	22	23	24
25	26	27	28	29	30	31

You should take a LFD test every day for 10 days after you were with the person who has coronavirus.

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Or take a LFD test every day for 7 days from the day NHS Test and Trace contacted you.



You should do the one which finishes first.



You should take the LFD test every day before you go out.



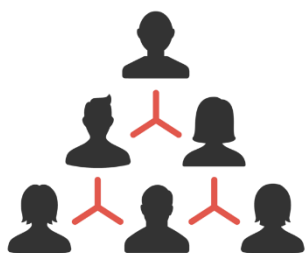
If you have a positive test result from a LFD test, you have to self-isolate.



You will need to read the [government's guidance](https://www.gov.uk/coronavirus) to see how long you have to self-isolate.



If you have a positive result from a LFD test, NHS Test and Trace will contact you to ask 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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