

NHS Test and Trace

IF YOU HAVE SYMPTOMS THAT COULD BE CORONAVIRUS YOU MUST CONTACT NHS TEST AND TRACE IMMEDIATELY

You can also use the relevant Covid19 phone Apps that are available in England, Wales and Scotland. These phone applications will guide users through the test and trace process. More information is also available on the following websites:

For England <https://111.nhs.uk/covid-19>

For Scotland <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

For Wales <https://gov.wales/test-trace-protect-coronavirus>

You must also notify any symptoms to your line manager immediately whether this is whilst at work or not on shift

If you are contacted by NHS Test and Trace; it will be by email, text or phone.

Text messages will come from "NHStracing". Calls will come from 0300 0135000.

- You'll be asked where you have been recently and who you have been in close contact with.
- You'll be asked to sign in to the NHS Test and Trace contact tracing website at <https://contact-tracing.phe.gov.uk>.
- You'll be asked for information including:
 - your name, date of birth and postcode
 - if you live with other people
 - any places you've been recently, such as a workplace or school
 - names and contact details of any people you were in close contact with in the 48 hours before your symptoms started (if you know these details)

A contact is considered as

- Close face to face contact (under 1 metre) for any length of time, including talking to them or coughing on them
- Being within 1 to 2 metres of each other for more than 15 minutes, including travelling in a small vehicle
- Spending lots of time in your home, such as cleaning it

Important

The NHS Test and Trace service will not:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

Follow this advice if you are told by the NHS Test and Trace service that you've been in contact with a person who has coronavirus (COVID-19) or you have symptoms.

Scenario 1

If you're told you've been **in contact** with a person who has coronavirus:

- Follow the instructions given by NHS Test and Trace, (including those given through the Covid Phone App)
- Stay at home (self-isolate) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear
- Do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- Do not have visitors in your home, including friends and family – except for essential care
- Try to avoid contact with anyone you live with as much as possible
- People you live with do not need to self-isolate if you do not have symptoms
- People in your support bubble do not need to self-isolate if you do not have symptoms

We believe in making safety training simple.

020 3740 3744 // shieldsafety.co.uk

NHS Test and Trace

Scenario 2

If you **get any symptoms** of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) including while self-isolating:

- Get a test to check if you have coronavirus as soon as possible
- Anyone you live with must self-isolate until you've been tested and received your result
- Anyone in your support bubble must self-isolate until you've been tested and received your result
- If you do not have a test, but have symptoms, you must follow the procedure below for positive result

If you test **negative** (the test did not find coronavirus):

- Keep self-isolating for 14 days from when you were last in contact with the person who has coronavirus – as you could get symptoms after being tested
- Anyone you live with can stop self-isolating if they do not have symptoms
- Anyone in your support bubble can stop self-isolating if they do not have symptoms
- You can stop self-isolating after 14 days if you do not get any symptoms.
- NHS Test and Trace may advise you that self-isolation is NOT necessary under very specific circumstances:
 - everyone you live with who has symptoms tests negative
 - everyone in your support bubble who has symptoms tests negative
 - you were not told to self-isolate for 14 days by NHS Test and Trace

If you test **positive** (you have coronavirus):

- Self-isolate for at least 10 days from when your symptoms started or tested positive (i.e. day of test) even without symptoms – even if it means you're self-isolating for longer than 14 days
 - Anyone you live with must self-isolate for 14 days from when your symptoms started
 - Anyone in your support bubble must self-isolate for 14 days from when your symptoms started
 - You must continue to isolate after 10 days if you still have any of these symptoms
 - a high temperature or feeling hot and shivery
 - a runny nose or sneezing
 - feeling or being sick
 - diarrhoea
- Otherwise you can stop self-isolating after 10 days if you have NO symptoms, or just a cough or changes to taste/smell