



HM Government

NHS Test and Trace

Got coronavirus symptoms?

1 Start isolating

- you for 7 days
- household for 14 days

2

Book a test

- NHS.uk/coronavirus
- or call 119

negative for COVID-19

- Household stops isolating immediately
- You stop isolating if you feel well

positive for COVID-19

3

Share contacts via NHS Test and Trace

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

If you have been in close contact with someone who tests positive

1 You may be alerted by NHS Test and Trace

2

Isolate for 14 days after close contact

if you develop symptoms

3

Book a test

negative for COVID-19

- Household stops isolating immediately
- You complete 14 day isolation

positive for COVID-19

- You begin new 7 day isolation
- Household completes 14 day isolation