What is Test and Trace?

Test and Trace is a service provided by the NHS which aims to help return life more to normal in a way that is safe and helps protect the NHS. The service will help the NHS to trace the spread of the virus and isolate new infections. Currently in operation this service plays a vital role in giving the NHS early warning if the virus is increasing again, locally or nationally.

How does Test and Trace work?

Test and Trace is set up so that it ensures that anyone who develops symptoms of coronavirus (COVID-19) can be **tested** quickly to find out if they have the virus. If a positive result is received close contacts can be **traced** and asked to self-isolate at home, as they may have also contracted COVID-19 from the positive person.

Coronavirus Symptoms

Coronavirus **COVID-19**

the main symptoms of coronavirus are:

a high temperature (37.8ºC and above)
this means you feel hot to touch on your chest or back
(you do not need to measure your temperature)

a new, continuous, dry cough
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (*if you usually have a cough, it may be worse than usual*)

a loss or change to your sense of smell or taste
this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What should I do if I have symptoms?

If you have any of the above symptoms you must stay at home (self–isolate) – don't leave your home or have visitors. Anyone you live with, and anyone in your support bubble must also self - isolate. Make sure you tell them. Then you must get a test to check if you have coronavirus as soon as possible. You can find out more information and get a test via **www.nhs.uk/coronavirus** or by calling **119**.

Why is it important to self-isolate?

By self-isolating you stop the chance of giving the virus to someone else. If you live with other people it's possible you will pass it on to them which is why they must also self-isolate with you so they don't also pass it on to other people. By doing this you are containing the virus within your home and stopping yourself from spreading it to friends and family that don't live with you and also the community you live in.

2m where possible
Keep a safe distance

20 secs
Wash your hands

Avoid crowds

Wear a face covering

Isolate with symptoms

NHS
Follow Test & Trace

Test ✚

Requesting a test

You can get a test through the NHS website **www.nhs.uk/coronavirus** you will be able to decide whether you get your test at a drive-through or walk-through test site or by ordering a home test kit. If you do not have access to the internet you can call **119** to get a test. Local testing sites are available.

Remember don't delay - test must take place in the first 5 days of your symptoms so request a test a soon as you have symptoms. **Remember: TESTING IS FREE.**

> ## Request a test: **www.nhs.uk/coronavirus or call 119**

What happens when I go for a test?

If you've booked a test at a drive through site:

- You or someone you live with must have a car or small van to get to a drive-through regional test site.

- You can bring up to 3 other people you live with to be tested.

- An assistant may do the swab test for you or you may have to do it yourself. Staff at the site will tell you when you get there.
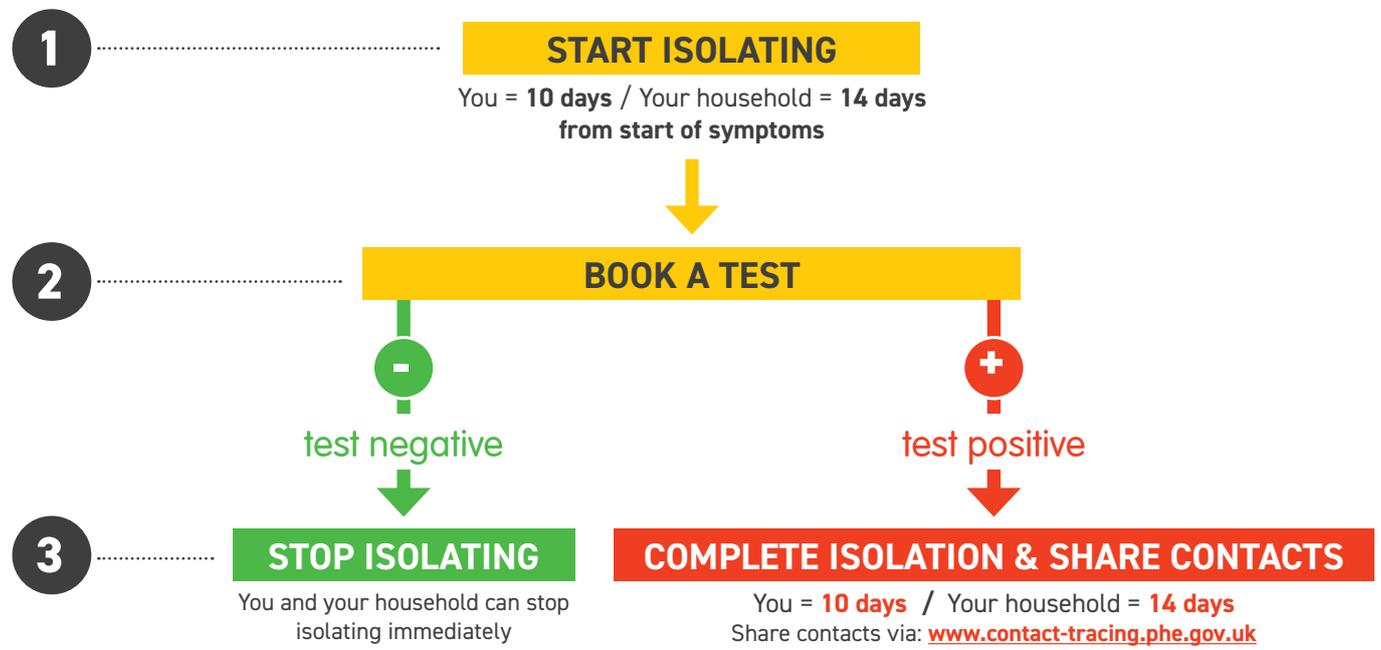
If you've booked a test at a walk through site:

- You and people you live with must arrive together by foot or bicycle. Do not go by public transport or taxi.

- Everyone must wear a face covering, except children under the age of 3.

The benefits of having a test outweigh the negatives.

If you have symptoms you must isolate for 10 days but if you have a test and it comes back negative then you and your household can stop isolating immediately.

What to do if **you** have coronavirus symptoms

1 .... **START ISOLATING**

You = **10 days** / Your household = **14 days** **from start of symptoms**

⬇

2 .... **BOOK A TEST**

– test negative   **+** test positive

3 ...... **STOP ISOLATING**
You and your household can stop isolating immediately

COMPLETE ISOLATION & SHARE CONTACTS
You = **10 days** / Your household = **14 days**
Share contacts via: **www.contact-tracing.phe.gov.uk**

I've tested positive for coronavirus – what happens now?

You'll be contacted by the NHS *Test and Trace* service. They will ask you where you've been recently and who you've been in close contact with. This will help the NHS contact anyone who may have caught the virus from you and ultimately help stop the spread. By providing this information you are doing your bit to help stop the virus spreading further and infecting even more people. **Need Assistance?** If you are self-isolating and are unable to access help from anyone please visit www.kirklees.gov.uk/covid19response

How will I be contacted?

- You'll be contacted by email, text or phone.
- Text messages will come from **_NHS tracing_**
- Calls will come from 0300 013 5000 from a trained NHS contact tracer.

How do I provide the information?

If you are able to access the internet you will be asked to sign into the NHS Test and Trace contact tracing website: **www.contact-tracing.phe.gov.uk**

If you do not have access to the internet you will be asked a number of questions over the phone.

The contact tracer will never ask you for the following:

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

What should I do if a contact tracer contacts me to say I've been in close contact with a person whose tested positive?
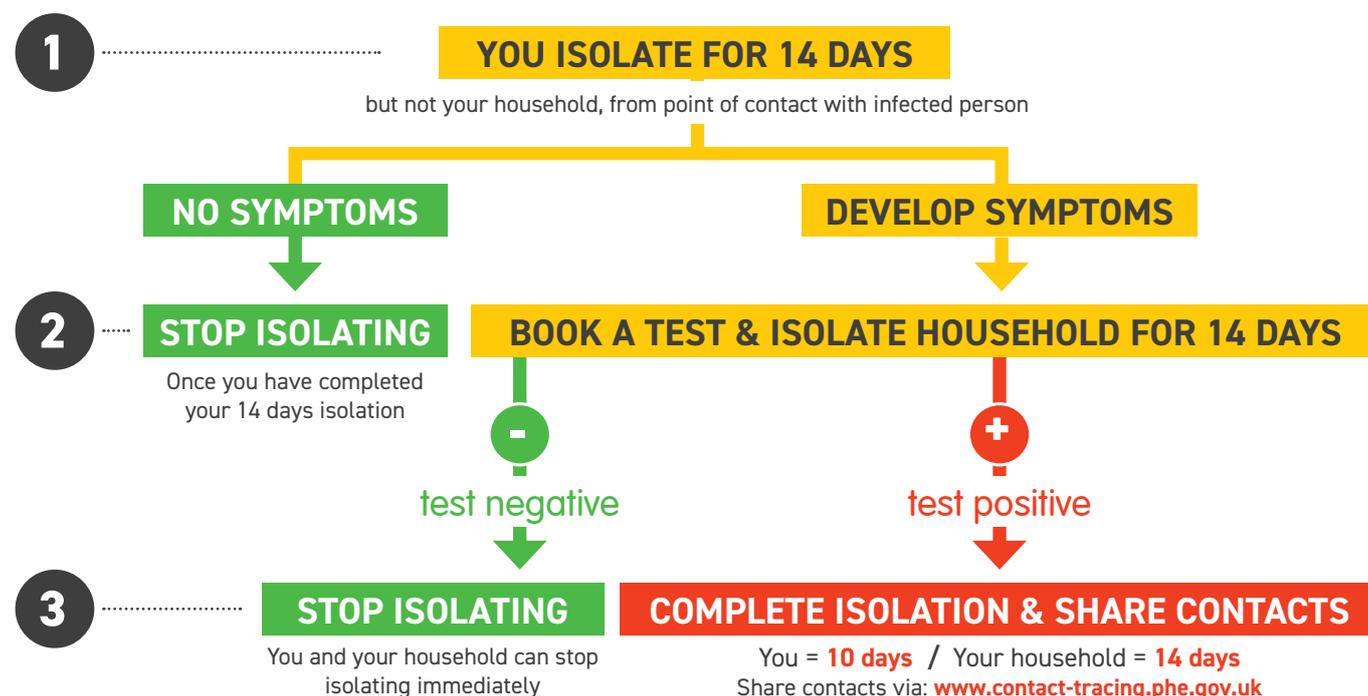
You must follow their advice and **self-isolate for 14 days.** By doing this you are helping to break the chain of the virus. Even if you don't have symptoms you could still have the virus and pass it on unknowingly to your friends and family. If you do start to develop symptoms you must still request a test right away – visit **www. nhs.uk/coronavirus** or **call 119.**

Who is considered a 'close contact'?

Someone, within the past 2 days, who has...

- been close enough to cough on you
- had a close face-to-face conversation with you
- had unprotected skin-to-skin physical contact
- travelled with you in a small/medium vehicle
- tested positive for COVID-19 and been within 2 metres of you.

What to do if **you** are contacted by NHS Test and Trace

1 .... **YOU ISOLATE FOR 14 DAYS**

but not your household, from point of contact with infected person

NO SYMPTOMS

DEVELOP SYMPTOMS

2 .... **STOP ISOLATING**

Once you have completed your 14 days isolation

BOOK A TEST & ISOLATE HOUSEHOLD FOR 14 DAYS

-

+

test negative

test positive

3 .... **STOP ISOLATING**

You and your household can stop isolating immediately

COMPLETE ISOLATION & SHARE CONTACTS

You = **10 days** / Your household = **14 days**
Share contacts via: **www.contact-tracing.phe.gov.uk**

Questions & Answers

Do I need to pay for a test?

Tests are free, under no circumstances will you be asked to pay for a test whether you attend a testing centre or request a home test. If you are asked to pay for a test this is likely to be a scam.

What happens to the data?

The best way to find out what happens to the data is to take a look at '*Testing for coronavirus: privacy information - quick read guide*' on the government website: www.gov.uk/government/publications/ coronavirus-covid-19-testing-privacy-information/testing-for-coronavirus-privacy-information-quick-read

There's been an outbreak in my area but I've not been contacted what should I do?

If you haven't been contacted by the test and trace service this means you haven't been in close contact with someone who has tested positive. Therefore you are able to continue your life as normal but making sure you're still alert to the virus by washing your hands regularly and keeping your distance from others.

How can I protect myself?

There is a lot of advice and guidance available but the key things to remember are to **keep 2 metres** distance from others not from your household and to regularly **wash your hands** for at least 20 seconds. It is also mandatory to **wear a face covering** in all shops and supermarkets and any place open to the public offering retail goods or services. All types of visitor attractions and entertainment venues, libraries, places of worship and community centres are also included. It's also recommended to wear a face covering where 2 metre distance isn't possible.. For further information visit: www.gov.uk/coronavirus

Social distancing - what is the guidance and what do I need to do?

Keeping 2 metres from people who don't live in your household in addition to handwashing is the simplist thing you can do you stop you catching the virus from someone else.

If you don't social distance then you risk either catching the virus or giving it to someone else.

Even if it's only brief you must not
- **Shake hands to greet people**
- **Hug or kiss hello or goodbye**
- **Share cups and cutlery**

How do I wash my hands?

Believe it or not there is a correct way to wash your hands properly. A quick splash under a tap is pretty useless and won't get rid of any germs or bacteria. To be effective you need to wash your hands with soap and warm water for least **20 seconds** and do this regularly. This simple process which has been around for thousands of years is the most effective way to help stop you catching the virus but also stopping the virus in its track. If you don't have access to soap and water then hand sanitiser can be used as an alternative until you're able to wash your hands with soap and water.

1 SOAP & WATER	2 PALMS	3 BACK OF HANDS	4 FINGERS	5 THUMBS	6 RINSE & DRY
Wet hands with warm water then apply plenty of soap	Rub hands palm to palm and then with fingers interlaced	Rub back of each hand with fingers interlaced	Rub with back of fingers to opposing palms with fingers interlocked	Rub each thumb clasped by opposite hand using rotating movement	Rinse hands with clean water and dry thoroughly with a single-use towel

20 secs

Coronavirus
COVID-19

Sept 2020 - CM3451