



This information talks about the Government NHS Test and Trace service in England

The NHS are introducing this service to help get some parts of life back to normal, in a way that is safe.



If you have symptoms of Coronavirus, you can ask to have a test to see if you have the virus.



Who can ask for a test?

You can ask for a test if you have the symptoms of Coronavirus. These are:

- A high temperature
- Loss of taste of smell
- A new cough and sore throat



You can also ask for a test if someone you live with has Coronavirus symptoms.





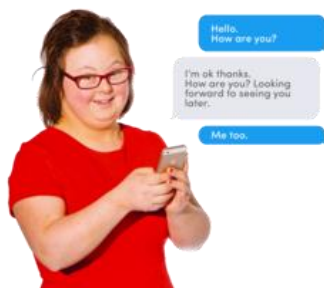
Anyone with symptoms can be tested and their friends and family will also be contacted.



The service will help to make sure that we can, contain and control Coronavirus.



This will help to reduce the spread of the virus and save lives.



The new NHS Test and Trace service will contact anyone who tests positive for Coronavirus.

If you have tested **positive** for Coronavirus you will be contacted by email, text or phone.

Text messages will come from the NHS.



Phone numbers will come from **0300 0135 000**



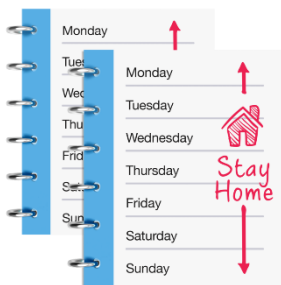
This will mean if you have the virus, you will need to share information about where you have been and who you have been in touch with.



This could be people you live with, people you have met up with, or your family, friends and support workers.



The NHS Track and Trace team will need to know about who was closer than 2 meters from you for more than 15 minutes.



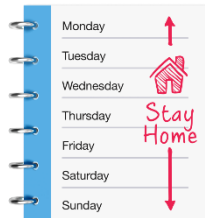
If you have the virus, people who have been in close contact with you must stay at home for **14 days**, even if they do not have symptoms.

This is to stop the virus from spreading.

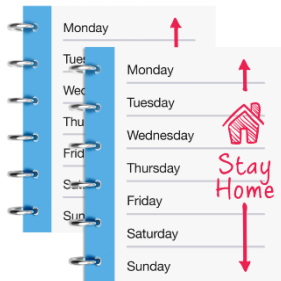
What happens if you are already isolating?



If you are **already isolating** and you start to get symptoms, you can book a test at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or by calling 119.



If your test is **positive**, then you must stay at home for **10 days** or until your symptoms have all gone.



If your test is **negative**, then you must carry on with staying at home for **14 days**.



Other people who live in your house will not have to stay at home unless you start to get poorly or show symptoms of Coronavirus.



If this happens, they must also stay at home for 14 days to stop the virus from spreading.