



# TEST AND TRACE

## Help stop the spread of COVID-19

### 1. Stay home if you have symptoms

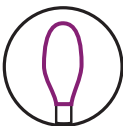
Stay home for 7 days if you have symptoms; stay home for 14 days if someone you live with has symptoms.

**HIGH TEMPERATURE  
OR NEW CONTINUOUS  
COUGH OR LOSS OF  
TASTE OR SMELL**



### 2. Immediately arrange a test

🌐 <https://www.nhs.uk/ask-for-a-coronavirus-test> or  
☎ 119.



### 3. If you test positive

NHS Test and Trace or our local public health team will contact you to find out:

- People you regularly spend time with
- People you have spent 15 minutes or more with, less than 2 metres away
- People you have been with in a car/van
- Places you have been



### 4. If someone you have been close to tests positive

NHS Test and Trace or our local public health team will be in touch. You will need to stay home for 14 days even if you don't have symptoms – no matter what.



### Protect your information

- Any text or email from NHS Test and Trace will ask you to sign into <https://contact-tracing.phe.gov.uk/>
- All phone calls from NHS England will come from 0300 013 5000.
- All your information as part of NHS Test and Trace is held in confidence under the Data Protection Act 2018.

### What we won't ask

NHS Test and Trace and our local public health team won't ask:

- for bank details or payments
- for details of any other accounts
- you to set up a password or PIN number
- you to call a premium rate number like those starting in 09 or 087



For help getting a test, listing your contacts, or self-isolating

☎ 020 7473 9711

✉ [covidhelp@community-links.org](mailto:covidhelp@community-links.org)