NHS
TEST AND TRACE

NHS Test and trace is set up to prevent further spread of coronavirus by:

- allowing people with coronavirus symptoms to get tested

- for those who test positive, tracing their recent close contacts so that they can also self-isolate

If you develop coronavirus symptoms, a high temperature or new continuous cough or loss of taste or smell, you should self-isolate for 10 days and book a visit to a test site or order a home test, by going to **nhs.uk/ask-for-a-coronavirus-test** or calling **119**. Self-isolating means not leaving your home at all.

If you are self-isolating and need support, call We are Islington on **020 7527 8222** or email **weareislington@islington.gov.uk**

If you live with others who have symptoms, you'll need to self-isolate for 14 days from the day the first person started having symptoms. You may be able to stop earlier than 14 days if everyone in your household with symptoms gets a negative test result.

If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS test and trace service advises you to do so.

Visit nhs.uk/coronavirus for advice on symptoms, testing and self-isolation. If you're worried about your health or coronavirus symptoms call NHS 111.

COVID SYMPTOMS?

GET A TEST

nhs.uk/coronavirus

OR CALL 119

Protect your family, friends and community