

Tuesday, 03 November 2020

Health Protection

TEST TRACE PROTECT
A STEP-BY-STEP GUIDE

Test ✓ Trace ✓ Protect ✓

- 1 SPOT THE SYMPTOMS**
If you have a new persistent cough, fever or loss of or change in sense of taste and smell, you and everyone in your house should immediately self-isolate.
- 2 REQUEST A TEST NOW**
Visit nhs.uk/coronavirus to book a test online. Call 119 if you cannot book a test online.
- 3 ISOLATE**
Isolate for 10 days after symptoms appear, longer if fever continues (and at least 48 hours after your temperature returns to normal). Other people you live with should isolate for 14 days.
- 4 GET TESTED**
Testing is carried out at drive through testing centres and you must arrive by car (not on foot, via public transport, by taxi or by any other means). Home tests are also available.
- 5 GET RESULTS**
You should receive results within 72 hours. If you test negative for coronavirus you and your household can stop isolating. If you test positive PHA contact tracers will test you.
- 6 PROVIDE DETAILS**
They will ask you to enter details online of people you were in contact with. If you can't go online they may phone you from 028 9530 8888.
- 7 PHA INFORMS CONTACTS**
Close contacts will receive a text from HSC tracing instructing them to self-isolate. Your name will not be shared unless you give permission. All data will be held securely.
- 8 CLOSE CONTACTS ASKED TO ISOLATE**
Close contacts will be asked to isolate for 14 days from the last time they had contact with you.
- 9 HOUSEHOLD OF CLOSE CONTACTS**
If the close contact has no symptoms, others in the household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting at step 1.

When you leave home, stay safe and continue to follow public health advice:

- Wash your hands well and often and avoid touching your face
- Keep your distance from others when outside the home
- Cough or sneeze into your elbow or a tissue and dispose of the tissue in a bin
- Wear a face covering in enclosed spaces like shops, healthcare settings and on public transport
- Download the Stop-COVID 19 app to help support contact tracing

WE ALL MUST DO IT TO GET THROUGH IT

You can spread the virus even if you don't have symptoms.

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Testing and contact tracing can help to break the chain of transmission of coronavirus but it needs everyone's support. This step-by-step infographic guide explains what you should do if you have symptoms, including self-isolating, getting tested and assisting the contact tracing service to identify people you have been in contact with by adding their details to the online service at <https://trace.covid-19.hscni.net> if you receive a text message.

The leaflet has been translated into 11 languages. Other languages may be available upon request by [contacting us](#).

If you need information in a language that is not yet available here, you can use the Browsealoud facility on this website. This option can translate and/or read aloud over 90 other languages. The full list of languages [available is here](#) and instructions for how to use the Browsealoud option are available to [download here](#).

Additional information

The PDFs have been updated with new advice on the increased length of time for self-isolation for those with symptoms and advice on using the digital service.

Details

Format

A4 1 page infographic

Target group

General public

Downloads

Attachment	Size
TTP step by step guide 1020 English	220.5 KB
TTP step by step guide 1020 Arabic	258.13 KB
TTP step by step guide 1020 Bulgarian	296.15 KB
TTP step by step guide 1020 Chinese complex	315.6 KB
TTP step by step guide 1020 Chinese simplified	348.46 KB
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