TEST TRACE PROTECT
A STEP-BY-STEP GUIDE

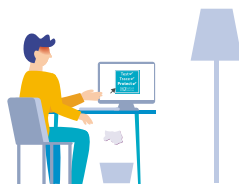**Test ✔ Trace ✔ Protect ✔** HSC Health and Social Care

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1

SPOT THE SYMPTOMS

If you have a new persistent cough, fever or loss of or change in sense of taste and smell, you should immediately self-isolate.

2

REQUEST A TEST NOW

Visit **nidirect.gov.uk/coronavirus** to book a test online. Call 119 if you cannot book a test online.
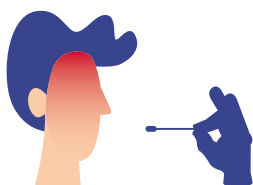
3

ISOLATE

Isolate for 10 days after symptoms appear, longer if fever continues (until at least 48 hours after your temperature returns to normal). Other people you live with should isolate for 10 days if they aren't fully vaccinated.

4

GET TESTED

Testing is carried out at a number of drive through and walk in test sites, and at mobile testing units. Home tests are also available.

5

GET RESULTS

You should receive results within 72 hours. If you test negative for coronavirus you can stop isolating. If you test positive PHA contact tracers will text you.

6

PROVIDE DETAILS

They will ask you to use Digital Self-Trace, the online contact tracing service, to enter details of the people you have been in contact with. If you can't go online they may phone you from 028 9536 8888.

7

PHA INFORMS CONTACTS

Close contacts will receive a text from HSCtracing. Your name will not be shared. All data will be held securely. Contacts who are fully vaccinated don't need to isolate but should get a test on day 2 and day 8.

8

UNVACCINATED CONTACTS

Unvaccinated close contacts will be asked to isolate for 10 days from the last time they had contact with you and book a test. Adults must isolate for the whole 10 days, but under 18s can stop isolating if their test result is negative.

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 or tests positive, 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 StopCOVID NI app to help support contact tracing.

WE ALL MUST DO IT TO GET THROUGH IT KEEP DISTANCE · WEAR FACE COVERING · WASH HANDS · FRESH AIR

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

08/21