

# TEST TRACE PROTECT NEEDS EVERYONE'S SUPPORT

Test ✓  
Trace ✓  
Protect ✓

 Health and  
Social Care

Throughout the pandemic, your support in following public health guidelines has been vital in reducing the spread of coronavirus. By doing so, you have saved lives. As 'lockdown' restrictions are eased, we face the risk of a second wave of infection. We can all help minimise that risk by continuing to support public health measures to control the spread, such as testing and contact tracing.

Testing and contact tracing helps break the chain of transmission of the virus. By identifying people who have been in close contact with someone who has tested positive for coronavirus, and asking them to self-isolate, we can limit the onward spread (reproduction) of the virus. Keeping the reproduction (R) number low allows us to continue moving towards more normal family, working and social lives. Friends and family can see each other, and schools and businesses can reopen. It will also help to protect our health service from being overwhelmed.

Testing and contact tracing will only work if we all play our part. This means:

- get tested if we have symptoms;
- help with contact tracing;
- self-isolate when we are advised to.

Along with social distancing and hygiene precautions, testing and tracing is our best chance to protect our communities from coronavirus.



## Public Health Agency

12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:

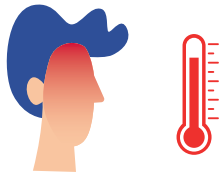


# TEST TRACE PROTECT A STEP-BY-STEP GUIDE

Test ✓ Trace ✓ Protect ✓

HSC Health and Social Care

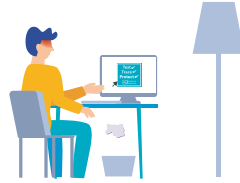
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## SPOT THE SYMPTOMS

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.

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## REQUEST A TEST NOW

Visit [nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus) to book a test online. Call 119 if you cannot book a test online.

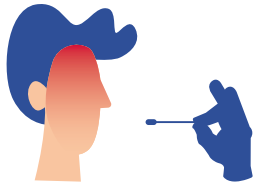
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## ISOLATE

Isolate for 7 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 14 days.

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## 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.

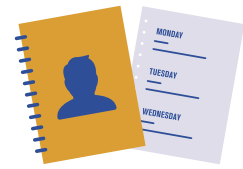
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## GET RESULTS

You should receive results within 72 hours. If you test negative for coronavirus you and your household can stop isolating.

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## PROVIDE DETAILS

If you test positive for coronavirus Public Health Agency (PHA) contact tracers will call you from the number 028 9536 8888. They will ask you who you have had contact with recently.

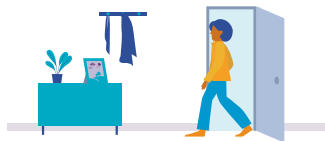
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## PHA INFORMS CONTACTS

If you have coronavirus, the PHA will contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held securely.

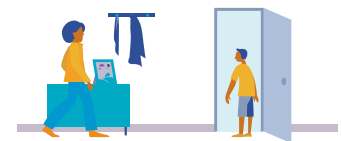
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## CLOSE CONTACTS ASKED TO ISOLATE

Close contacts will be asked to isolate for 14 days from the last time they had contact with you.

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## 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 can 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.

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



STAY SAFE



SAVE LIVES

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