

# Coronavirus Guide

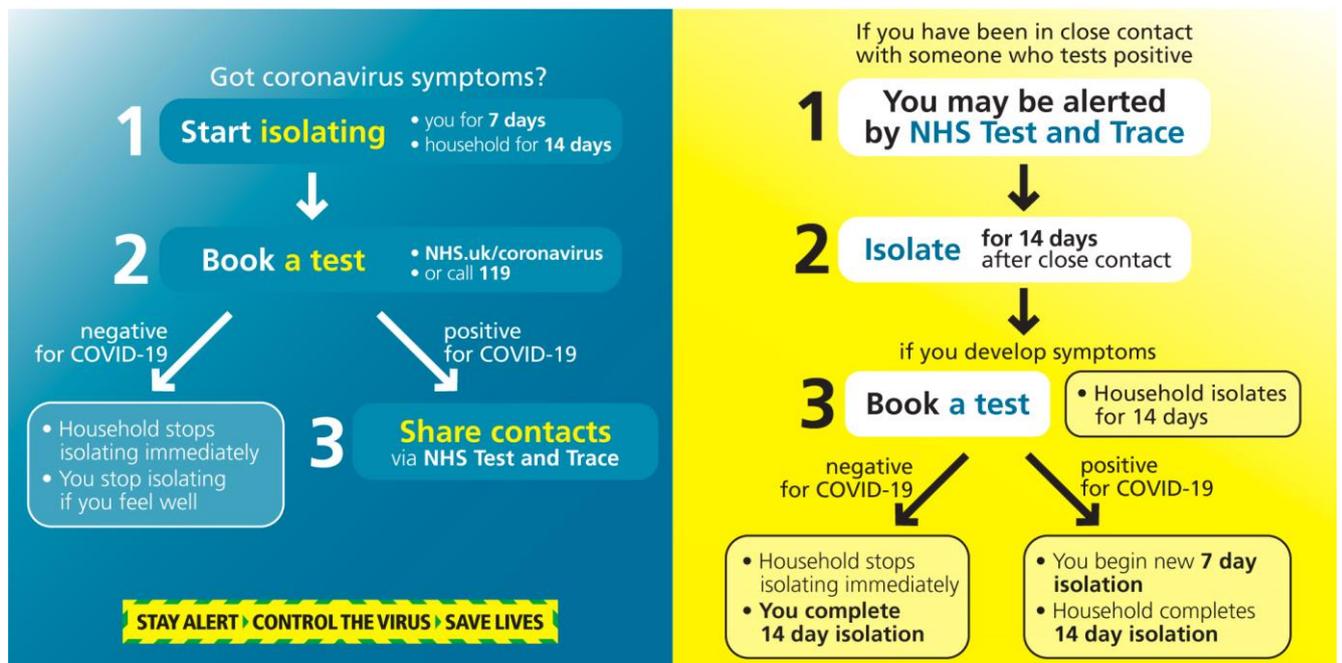
## What are the symptoms of coronavirus?

The main symptoms of coronavirus are:

- High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- New, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

## What to do if you notice symptoms?

- You and everyone in your household must self-isolate if you or anyone you live with has coronavirus symptoms.
- If you've got symptoms, even mild ones, get a test immediately to find out if you have coronavirus.
- Book a free test as soon as possible at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119 if displaying symptoms: a high temperature OR a new, continuous cough, OR a loss or change in sense of smell or taste.
- It's vital that everyone with symptoms of coronavirus, regardless of their age, gets a free test.
- Do not leave home if you or anyone in your household has symptoms, unless it is to get tested.



## **What is a coronavirus test?**

Anyone who has symptoms of coronavirus (COVID-19), however mild, can get a free test to check if they have the virus.

In some circumstances, for instance where there is a local outbreak, the NHS may arrange for people without symptoms to have the test too.

Testing takes less than a minute and is generally pain-free, and getting tested protects your family and your friends, and will help to keep us out of lockdown.

Close contacts of those testing positive will hear from NHS Test and Trace, advising them to stay at home for 14 days to prevent them from unknowingly spreading the virus.

There is another test (antibody test) that checks if you've already had the virus. This test is not widely available yet.

## **Why it's important to get tested?**

Getting tested protects your family, your friends and the wider community and will help to keep us out of lockdown. This is because it gives people the information they need - whether to continue their isolation and protect the vulnerable and the NHS, or whether they can go back to work and help get the country moving again.

If you test positive, we can also trace the people you've been in contact with, so they too can self-isolate to stop the onward spread of the virus. So get tested, and protect each other.

To get a free test, go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119. There is an NHS service available to help you and your family get tested and be protected from coronavirus. This is NHS Test and Trace.

## **Who can get a test?**

This service is for everyone. You can get a test:

- For yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- For someone you live with, if they have coronavirus symptoms
- For yourself, if you have been told to have a test before you go into hospital, for example, for surgery
- For yourself, even if you do not have symptoms, if you are offered the test as part of the response to a local outbreak.

If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace service to help us alert other people who may need to self-isolate.

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.

## How to order a test

Please tell us about your symptoms as soon as possible and get a free test to find out if you have coronavirus. The sooner you have a test, the sooner we can let you know if you and other members of your household must remain in self-isolation.

Members of the public can order a test through the [NHS website](#).

If you don't have access to the internet, you can order a test by phoning 119.

## When to apply for a test

If you've got symptoms, even mild ones, get a free test immediately to find out if you have coronavirus.

Days since symptoms started	What you can order
Days 1-4	Book a drive-through or walk-through test at a test site or order a home test kit. Order the kit by 3pm on day 4 to make sure you can do the test in the first 5 days - but, wherever possible, book your test immediately you develop symptoms.
Day 5	Book a test at a test site. It's too late to order a home test kit.
Day 6	It's too late for a test.

## How will you receive your results?

You'll get a text or email when your result is ready. If you went to a test site for your test, it can take up to 48 hours to get your result. It may take up to 72 hours for a home test.

There are 3 types of result you can get:

- negative
- positive
- unclear, void, borderline or inconclusive

If you do not get your result, call the coronavirus testing contact centre on 119 (England, Wales and Northern Ireland)

The contact centre is open from 7am to 11pm.

## How do people without email/mobiles get their test results?

An email address and phone number are currently required to book a test.

Individuals who do not have an email address can ask someone they trust (e.g. a family member) to receive their results.

Individuals who are not comfortable using the digital booking systems can use 119 (in England and Wales) and 0300 303 2713 (in Scotland and Northern Ireland) to book a test now.

As a priority, we are working on a non-digital solution. We expect to update further on this in the coming weeks.

### **If you test negative**

If you get a negative test result, this means you are at low risk of having coronavirus.

Other members of your household can stop self-isolating.

If you feel well and no longer have symptoms similar to coronavirus, you can stop self-isolating. You could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until you are better.

### **If you test positive**

If you get a positive test result, this means that when you took the test, you had coronavirus. You – and other members of your household – must continue to self-isolate;

- If you had a test because you had symptoms, keep self-isolating for at least 7 days from when your symptoms started
- If you had a test but have not had symptoms, self-isolate for 7 days from when you had the test
- Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days from when you start self-isolating
- To help yourself get better, drink water to keep yourself hydrated. You should drink enough during the day so your urine is a pale clear colour
- You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or