

Test and trace procedure if **you** develop COVID-19 symptoms

1

You develop Covid-19 symptoms
(see Appendix 2)

2

**Stop work and
self-isolate for 7 days**

3

1. Contact all those you have had '**close contact**' within the 48 hours prior to developing symptoms.
2. Tell them that you might have coronavirus but are waiting for a test result. At this stage (until the test result is known), those people **do not** need to self-isolate.
3. Advise them to take extra care in practising social distancing and good hygiene, like washing their hands regularly. **They should also watch out for their own symptoms.**

4

**Test and trace
service**

Get tested
for Covid-19

5



Test is **positive**

Test is **negative**



When contacted by Test and Trace service, provide the names and contact details of those you have had '**close contact**' within the 48 hours prior to start of symptoms

Contact all those that you contacted in Step 3 and inform them that your test was negative

**Continue self-isolating for
7 days** from when symptoms started

Stop self-isolating and resume work