

Covid-19 advice for

identified close contacts of positive cases

If you have been informed by NHS Test & Trace that you are a close contact of someone who has tested positive for Covid-19 you:

- Must stay at home and complete 10 full days isolation from the date of last contact. **Your isolation period includes the date of your last contact and the next 10 full days.**

i.e [Day 1 - Contact with positive case] [Day 2-11 is the 10-day isolation period]

- Should book a *PCR test during your isolation period even if you have no symptoms.

*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.

Close contacts may not need to self-isolate if they:

- are fully vaccinated
- are below the age of 18 years 6 months
- have taken part in or are currently part of an approved COVID-19 vaccine trial
- are not able to get vaccinated for medical reasons

However, you should still book a PCR test even if you are not required to isolate and have no symptoms

NOTE

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate.

If you are not legally required to self-isolate you will be provided with advice on testing and given guidance on preventing the spread of COVID-19.

1

BOOK A PCR TEST ONLINE AT
www.gov.uk/get-coronavirus-test



OR CALL 119



You can book an appointment at a local testing site or order a test to be delivered to your home

2

Take PCR Test

Positive PCR Test

Continue self-isolating for 10-days from positive PCR

If your PCR test result is positive, you will need to stay at home and start a further full 10 day isolation period, regardless of where you are in your original 10 day isolation period. This means that your total isolation period will be longer than 10 days.

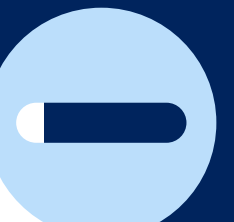


Negative PCR Test

You must continue to isolate until the end of your isolation period.

Then, stop isolating if:

- you are well
- you have not been advised to self-isolate by NHS Test and Trace.



NHS Test and Trace will provide further advice about your self-isolation period.



Northumberland
County Council