



Covid-19 guidance for

Testing if you have symptoms

If you have symptoms, you should self-isolate and book a *PCR Test.

SYMPTOMS INCLUDE:

- **a high temperature**
this means you feel hot to touch on your chest or back
- **a 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)
- **a 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

1

BOOK A PCR TEST ONLINE AT
www.gov.uk/get-coronavirus-test
OR CALL 119

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

PCR testing sites in Northumberland for people with symptoms :

- Peoples Park car park, Ashington,
- Marine Terrace car park, Blyth
- Sandstell car park in Spittal, Berwick
- Former fire station site, Tyne Mills Industrial Estate, Hexham

Alternatively, request a home PCR test.

2

Take PCR Test

Positive PCR Test

Continue self-isolating for 10-days from first day of symptoms.

NB: Isolation period is 10 full days from onset of symptoms (or date of test if no symptoms).

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

Negative PCR result

Stop isolating if:

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

Close contacts

- Book a PCR test even if no symptoms.
- Self-isolate if advised by NHS Test and Trace.

Close contacts of a positive case may not need to self-isolate if they are:

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

