



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 should:

- 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]

- 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.

1

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

PCR testing sites in Northumberland :

- 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

Negative PCR result

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.

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

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

Then, stop isolating if:

- you are well
- no-one else in your household has symptoms or has tested positive
- you have not been advised to self-isolate by NHS Test and Trace.