

TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

1



RECOGNISE SYMPTOMS

A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.

2



REQUEST A TEST RIGHT AWAY

It is important to get a test as soon as possible. Visit [NHSinform.scot/test-and-protect](https://www.nhs.uk/inform-scotland/test-and-protect) or call **0800 028 2816** if you cannot get online.

3



ISOLATE

Isolate for 7 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.

4



GET TESTED

When isolating, you should only leave home to get tested. There are various ways of having this done.

5



GET RESULTS

They should be with you within 48 hours.

6



PROVIDE DETAILS

If you have coronavirus, NHS contact tracers will contact you to confidentially ask who you have had contact with recently. If you don't have the virus, you and your household can stop isolating.

7



NHS INFORMS CONTACTS

If you have coronavirus, the NHS will contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.

8



CLOSE CONTACTS ISOLATE

They will be asked to isolate for 14 days from the last time they had contact with you.

9



HOUSEHOLD OF CLOSE CONTACT

If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting from step 1.

If you do not have community or family support and need essential help, call the National Assistance Helpline on **0800 111 4000** (Mon–Fri 9am–5pm) or via textphone on **0800 111 4114**. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://www.nhs.uk/inform-scotland/test-and-protect)