



People First  
(Scotland)

## WHAT IS TEST AND PROTECT?



The NHS **Test and Protect** system helps stop the Covid-19 virus from being passed from one person to another.

To **Test** means to find out something.

If you have any symptoms of the covid-19 you need to be tested.



The test will help find out if you have the virus or not.

If you test positive this means you have the virus.

If you test negative this means you do not have the virus.



To **Trace** means to find out where something came from.

If you test positive (if you have the virus), the NHS will want to find out the names of the people you have been in contact with to let them know they may have the virus too.

The test is free.



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## WHO SHOULD BE TESTED?

You should be tested if you think you have the symptoms of Covid-19.

The symptoms are:

A new cough that doesn't go away

High temperature (fever)



If you can't smell or taste anything.

For example if you can't smell or taste your food or if it tastes different from normal.



## HOW DO I BOOK A TEST?

If you have any of the symptoms of Covid-19 you need to book a test as soon as possible.

Call the NHS on **0800 028 2816**

or go online at

[www.nhsinform.scot/test-and-protect](http://www.nhsinform.scot/test-and-protect) and ask to be tested.



If you have the symptoms of Covid-19 you should self-isolate at home for 10 days from the start of your symptoms.

You should do this even if you have not been tested for the virus.



When self-isolating, you should only leave the house to get tested.

People who live in the same household as someone with the symptoms should self-isolate for 14 days.



## WHERE DOES THE TEST HAPPEN?

You have 2 choices:

### Testing at home

You can ask the NHS to post a test kit where you live.

When you call the NHS to ask for a home test kit, the person on the phone will tell you how to use it.

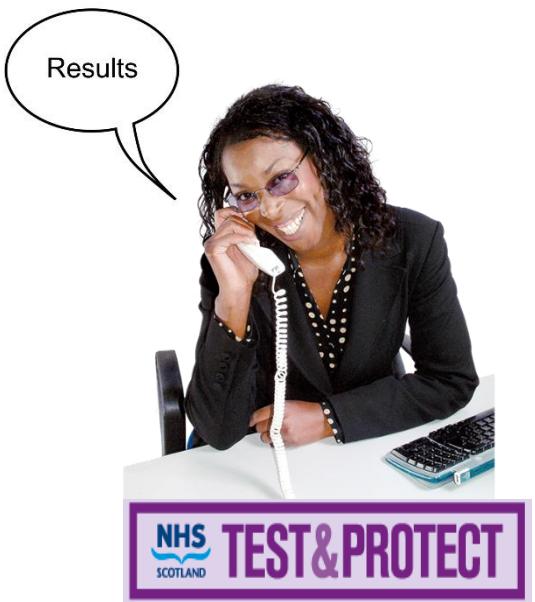
### Testing at a drive-through site

You can also get tested at a drive-through site.

You may need to have access to a car to go to a drive-through testing site.

In Scotland, drive-through sites are in the main airports and some universities.





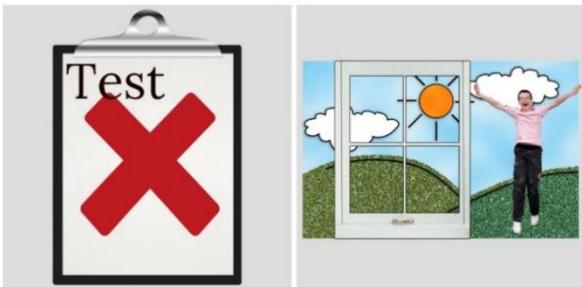
## RESULTS

Test results should be with you within 2 days.

Someone who works for the Test and Trace team at the NHS will contact you by phone or text message.

They are called “Tracers”.

The Tracer will tell you if you have tested positive or negative.



If you test negative this means that you do not have the virus.

You and the people you live with can stop self-isolating.



If you test positive the Tracer will ask you to continue to self-isolate.

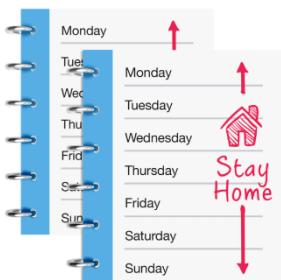


The Tracer will ask for the names of the people you have been in close contact with recently.

**Close contact** means being within 1 metre (3 feet) of the person.

**Recent contact** means being near the person in the 2 days before the symptoms started.





The Tracer will let your close contacts know they may be at risk and they will ask them to self-isolate for 14 days.

If the close contact does not have symptoms, people who live with them do not have to self-isolate.

Your name will not be shared with the close contacts unless you have given permission.

## HELP AND SUPPORT

If you are self-isolating you may need to get help and support for things like:

food and drinks

medicine

or being tested for Covid-19 at home or at drive-through sites.

Speak to your family, a friend, a support worker, a neighbour, someone you trust.

You can also call the National Assistance Helpline on **0800 111 4000** (Monday to Friday between 9am and 5pm).

