



HM Government

NHS

Test and Trace



CORONAVIRUS

Test and Trace

Information for parents and carers

GOT SYMPTOMS? GET TESTED NOW

Do not leave home, except to get a test.

Find out how to get a test at
nhs.uk/coronavirus or call 119

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

- Anyone, whatever their age, who develops symptoms can get a test.
- Book a test within five days of experiencing a high temperature, a new, continuous cough or loss or change to sense of smell or taste.
- The test involves taking a swab of the nose and throat. Children aged 12 or over can use the swab themselves or can have help. Children aged 11 or under will need a parent or carer to do it for them.
- If you or someone in your household tests positive for coronavirus you'll be contacted by the NHS Track and Trace team. You'll be asked where you have visited and who you've been in contact with. It is important that you give the correct information to keep everyone safe.
- Your close contacts will be asked to self-isolate at home to stop the spread of the virus. If you are traced as a close contact you must stay at home.
- We're all in this together. By doing the right thing you are helping to protect your friends and family and things can get back to normal more quickly.