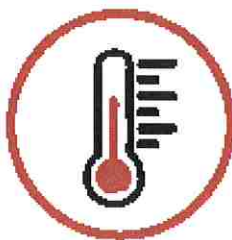


# Know the symptoms.



Stay at home and get a test if you have:



High temperature



New Continuous cough



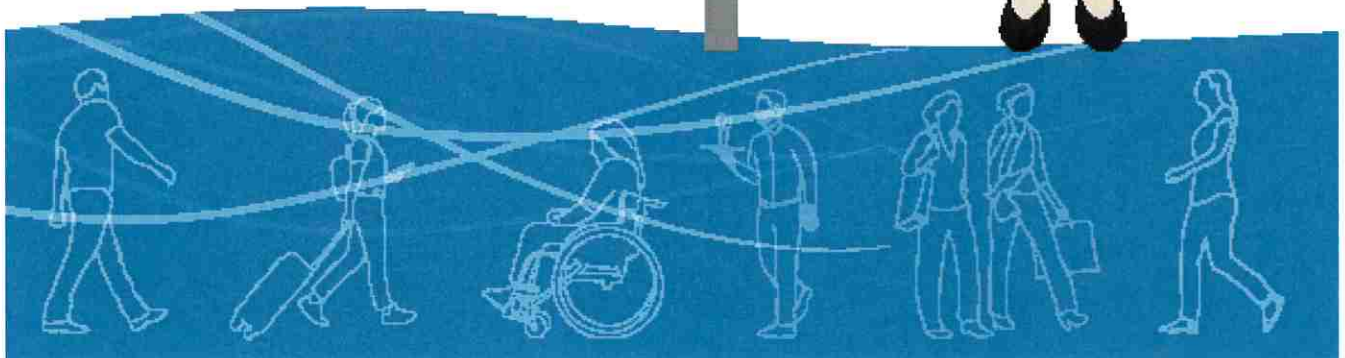
A change or loss of taste

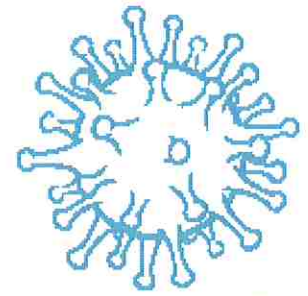


A change or loss of smell

For more information  
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Adapted with kind permission from the Welsh Government and Public Health Wales.





# What is contact tracing?

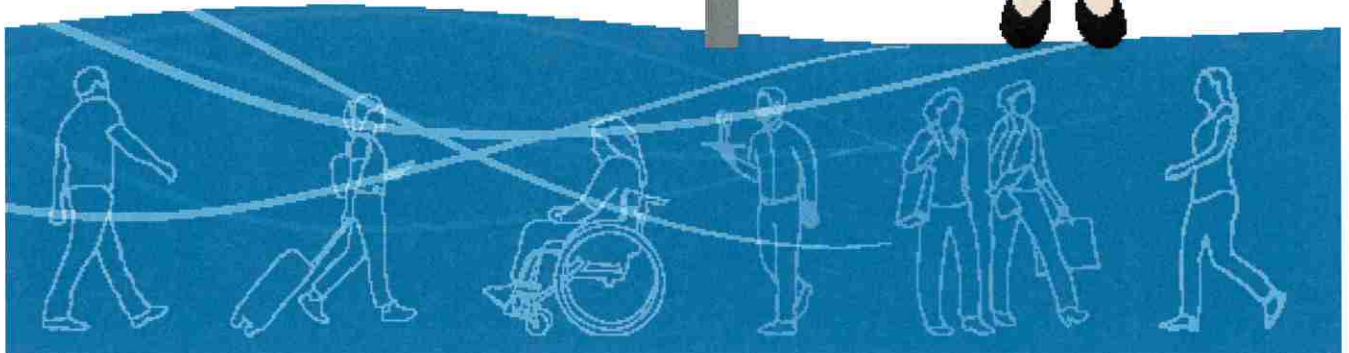


- Contact tracing helps protect our communities, our friends and our family.
- It helps us understand how the virus is passed from person to person.
- Contact tracing is not about enforcement or surveillance.
- You will **never** be reported to police or immigration services.
- Together we can contain the spread of coronavirus.



For more information  
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Adapted with kind permission from the  
Welsh Government and Public Health Wales.





INTERNAL USE ONLY

# YOUR GUIDE TO COVID TESTING

# 19

**Shropshire, Telford & Wrekin**  
Sustainability and Transformation Partnership

## AN OVERVIEW



### THE PCR/SWAB TEST

Tests for the presence of virus in your body. You may be asked to do this test to confirm if you **currently** have COVID-19

To maximise accuracy of the test, you should ideally be tested within **1-3 days and up to a maximum of 5 days** after you have symptoms

Tests will be carried out using:

Nose swabs



Throat swabs



#### POSITIVE

Confirms you currently have the virus and must **self-isolate** or seek medical assistance if unwell

#### Does not tell you

How ill you might become or when you got the virus



#### NEGATIVE

If you are still experiencing symptoms you may be asked to be re-tested 2-3 days later and continue to be isolated.

If it has been more than 28 days since your symptoms started, you might consider having an antibody test.

#### PROCESS

We are following the national criteria to help identify staff or household members eligible for testing as follows:

- 1) The staff member has Covid-19 symptoms **OR**
- 2) The staff member is self-isolating due to an adult or child household member(s) having symptoms. In this instance it is the household member(s) displaying the most acute symptoms of Covid-19 who should be tested, rather than the staff member themselves.

#### CONTACT

Staff can register for a test through the Self-Referral and Employer Portals on [gov.uk](https://www.gov.uk)

### THE ANTIBODY TEST

Test to see if you have been **previously** infected with the virus and have an immune response

This test works best at least **28 days following** your first symptoms

Tests will be carried out using:

A blood sample



#### POSITIVE

You have had the virus and had an immune response

#### Does not tell you

If you are protected from becoming ill again if exposed to COVID-19, or how long protection may last for or if you can infect others

You must still follow social distancing advice



#### NEGATIVE

It is likely you have not had COVID-19.

However, there is still a chance that you have had COVID-19, but the test has not detected an antibody response.

#### PROCESS

We are following the national guidelines.

**All staff who want to be tested will be tested.**

We are rolling antibody testing out in a phased way.

Each week we contact a different group to open up the antibody testing to more people.

#### CONTACT

If you wish to have an antibody test you should inform your line manager so that they can let you know when the offer becomes available to your employer.





# Self-isolation for households

The guide below explains how long to self-isolate for. If you have **symptoms**, apply for a **test straightaway**. Call 119 for free or go to [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)



Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
<b>Kim</b>	✘ Symptoms begin. Must self-isolate for 10 days and <b>not leave her home</b> . If well, Kim can go out on day 11										✔														
<b>Jac</b>	Begins 14 day Self-isolation		✘ Symptoms begin on day 4 of self-isolation. Must self-isolate for 10 more days and <b>not leave her home</b> . If well, Jac can go out on day 14										✔												
<b>Mo</b>	Begins 14 day Self-isolation										✘ Symptoms begin on day 12 of self-isolation. Must now self-isolate for 10 more days and <b>not leave his home</b> . If well, Mo can go out on day 22										✔				
<b>Jen</b>	Begins 14 days self-isolation. If well, Jen can go out on day 15													✔											

Everyone finds self-isolation a struggle, but it is essential to help protect your families, friends and community from coronavirus, and slow the spread.

