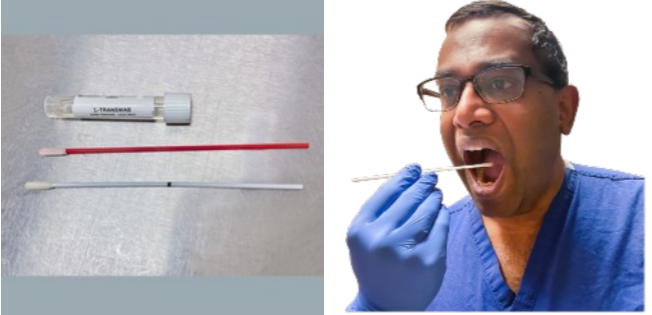
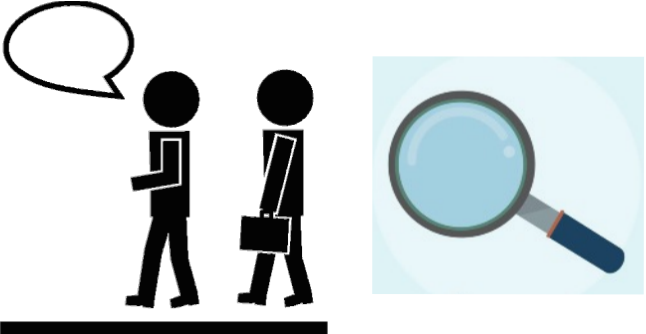







	<h3>Test and Trace</h3> <p>The Government has asked us to follow some more rules to help stop the Covid 19 virus spreading. They are calling these rules 'Test and Trace'.</p>
	<p>'Test' means if you have the symptoms of the virus you must have a test to see if you have it or not. If you have the virus this is called 'testing positive'.</p>
	<p>'Trace' means finding people who have been in contact with someone who has tested positive, and letting them know.</p>
	<p>This is important because a person who has tested positive might have passed the virus on, before they knew they had it!</p>
	<p>'Tracers' The NHS has employed people called tracers to contact people who has been with someone who has tested positive so that they can have a test too.</p>



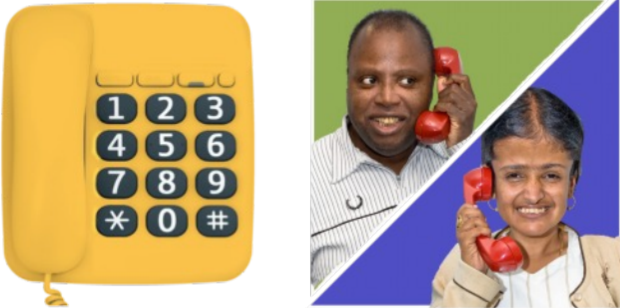

	<p>Here are the ‘Test and Trace’ rules we need to follow.</p> <p>How do I know if I need a test? You need to have a test if you have any of the main symptoms of the virus. These symptoms or signs are:</p>
	<p>A high temperature - this is when your skin feels very hot when you touch it, especially the skin on your chest or your back.</p>
	<p>A persistent new cough – this means coughing a lot when you didn’t have a cough before. It means when the cough is on and off for more than one hour at a time, and that coughing happens three or more times in 24 hours.</p>
	<p>Loss of sense of taste or smell – this means if you cannot smell or taste anything, or if things smell or taste different from normal.</p>
	<p>What do I need to do if I have the symptoms? If you have any of the symptoms, you need to have a test to check whether you have the virus or not.</p> <p>To get a test you need to contact the NHS.</p>



	<p>You can do this by:</p> <ol style="list-style-type: none"> 1. Going online to www.nhs.uk/coronavirus 2. Or by phoning 119.
	<p>You will be given an appointment for a test.</p> <p>You should get the result of your test within a few days.</p>
	<p>If you have the symptoms and are worried about getting a test or need help to get a test, ask someone for help.</p>
	<p>You could ask:</p> <ul style="list-style-type: none"> - Someone in your family - Your support worker - A friend - Someone else you trust. <p>Who would <i>you</i> ask?</p>
	<p>What do I do while I am waiting to have the test?</p> <p>While you are waiting for a test you need to self-isolate at home. This means you need to stay at home and not meet anybody who does not live in your house.</p>

	<p>When you have had the test, you will get the results in a few days.</p> <p>You will be contacted by text, email or phone, with the results. Whichever way is best for you.</p>
	<p>What happens if the test shows I have got the virus?</p> <p>If the test shows you have the virus, a 'tracer' will phone you to let you know. They will say you have 'tested positive'</p>
	<p>If you have tested positive you will need to carry on self-isolating.</p> <p>You might need help with shopping and other things. Or you might be worried. Tell someone you trust that you have tested positive and ask them for help if you need it.</p>
	<p>If you live with other people they will need to self-isolate too.</p> <p>The tracer will explain what they need to do.</p>
	<p>If the tracer says the result is negative that means you don't have the virus.</p> <p>You and the people you live with can stop self-isolating.</p>

	<p>What about people I have been with before I tested positive? If you test positive, the tracer will want to know about people you have been with, because those people may have the virus too.</p>
	<p>They will ask you to help them and will use the information you give them to 'trace' people you have been in close contact with so that those people can have a test too.</p>
	<p>What happens if I have been in contact with someone who has tested positive? How will I know?</p>
	<p>You may have been in contact with someone who has the virus, even if you didn't know they had it, and they didn't know they had it.</p>
	<p>If you have been in close contact with someone who has tested positive, someone will get in touch with you to let you know.</p> <p>They will explain what you need to do next. This will include self-isolating at home.</p>

	<p>Why do we need the Test and Trace rules?</p> <p>The 'Test and Trace' rules have been made to help us find out where the virus is spreading, and to stop it spreading even more.</p> <p>If we can stop it spreading it will help us to get things back to normal.</p>
	<p>Any questions?</p> <p>If you have any questions about the new 'Test and Trace' rules or are finding them difficult to understand, ask someone to explain them to you again.</p>
	<p>You could ask:</p> <p>Someone in your family Your support worker A friend or neighbour Someone else you trust.</p> <p>Who would <i>you</i> ask?</p>
	<p>We hope you are coping with all the changes, and look forward to seeing you soon!</p>