

NHSGGC Covid-19 testing service – Test and Protect

This leaflet is for people who have symptoms of Covid-19; have been identified as a contact of a confirmed case by NHS Test & Protect; and are being tested by the NHSGGC Covid-19 community testing service.

What happens next?

Pending test results, you and all members of the household should continue to self-isolate according to the advice you were given by the caller from NHS Test & Protect.

You should receive a text message with the results of your (or your child's) test to the mobile number provided on the referral, within 48 hours of your test being taken. If you have not received your results by 48 hours, please refer to your email with appointment details or the leaflet you were given at testing, which contains details of how to get in touch.

If you (or your child) had multiple tests taken, you may receive multiple texts. If ANY of these are positive, please follow the guidance on a positive test.

What should I do if the test is positive?

People who receive a positive test result must self-isolate at home for at least 7 days from the onset of symptoms. Other people in the same household should self-isolate for 14 days even if they are well. The 14-day period starts from the first day the first person in the household had symptoms.

Within your household, everyone should do the following as far as possible:

- stay at least 2 metres (6 feet or 3 steps) away from other people in your home
- wash hands regularly with soap and water for 20 seconds
- avoid touching your face and catch any coughs/sneezes in a disposable tissue, then putting it in the bin
- clean the kitchen, bathroom, and other surfaces every day
- if able, the person who has tested positive should stay in a different room from other people in the home, ensuring it is well-ventilated; sleep alone in a separate bed; spend as little time as possible in shared areas; avoid using the kitchen when others are present; and avoid sharing towels

If you receive a positive test result you can expect to be contacted by our contact tracing team, as part of the Test and Protect system, to identify any individuals you have been in close contact with.

Once you have finished your isolation period, no longer have a high temperature, and feel better you can return to some of your usual activities but must continue to abide by Scottish Government advice to stay at home.

What should I do if the test is negative?

If you have received a negative test result you should complete your 14 day isolation period. This is because you could still be incubating Covid-19 and risk spreading the

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infection to others. If you have no symptoms after 14 days you may end self-isolation, but you must continue to abide by the Scottish Government advice for everyone to stay at home.

What if I – or someone in my household – develops new symptoms after completing self-isolation?

If you or your household contacts develop new symptoms at any point after ending your first period of isolation (self or household) then you need to follow the same guidance on self-isolation again. This applies even if you have previously tested positive.

What if my (or my child's) symptoms get worse?

If your symptoms are getting worse or you have concerns about your condition, please call NHS24 on 111. If you have a medical emergency, you should call 999. In both cases please tell the operator/call handler that you are a contact of a confirmed case of Covid-19.