

COVID-19 testing and isolating

What you need to know

Self-isolate for 10 days

I understand



Easy read booklet



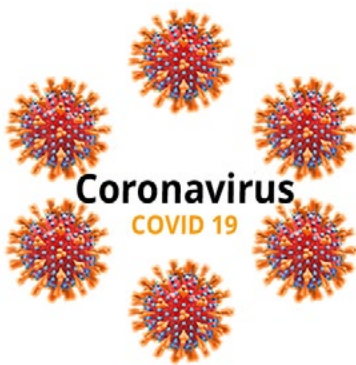
Who we are and what we do



We are Bristol City Council. We run services in the City of Bristol.



The NHS have set up a Test and Trace system. Test and Trace is one way the NHS are trying to stop COVID-19 from spreading.



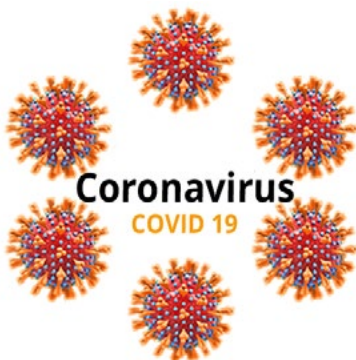
COVID-19 is a virus we have all had to live with. It is also called coronavirus.

What is the NHS Test and Trace?



The NHS Test and Trace system does **two things**:

- it makes sure that if you have symptoms of COVID-19, you can get a test to find out if you have the virus.
- it helps find the people you have had contact with if you test positive for COVID-19.



If you have symptoms or test positive for COVID-19, you must stay away from other people to stop them catching the virus.



This is called **self-isolation**.

Why you need to self-isolate



You must **self-isolate** if:

- you, or someone you live with, has COVID-19 symptoms or has taken a test that says they have COVID-19



- someone in your **support bubble** has COVID-19 symptoms or has taken a test that says they have COVID-19.

A **support bubble** is when two different houses can meet inside



- NHS Test and Trace has told you that you need to self-isolate for 10 days
- you have been to another country where a lot of people have COVID-19

How to stop more people catching the virus and save lives



If you feel unwell, you need to check if you have:

a. a high temperature



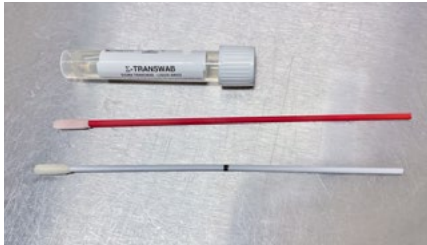
b. a new cough that won't go away

c. stopped being able to smell anything or some things smell different



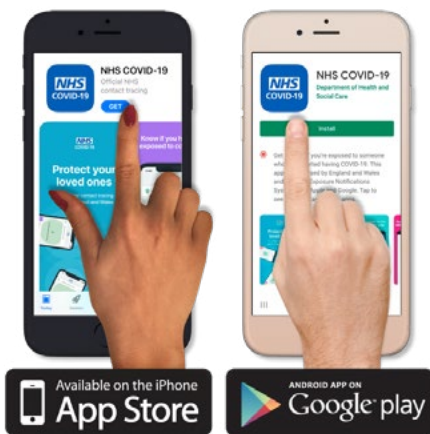
d. stopped being able to taste anything or some things taste different

What to do if you have symptoms



If you have one or more of the symptoms of COVID-19, you must book a free test as soon as you can.

Book a test:



- online at:
[Get a coronavirus test](#)
- by signing up for a home test kit at:
[Coronavirus home test kit](#)
- through the NHS COVID-19 app on your phone

If there aren't any tests when you try to book online, please try again later.

Do not call the NHS helpline for a test. They cannot do this.

In an emergency, please call 999.



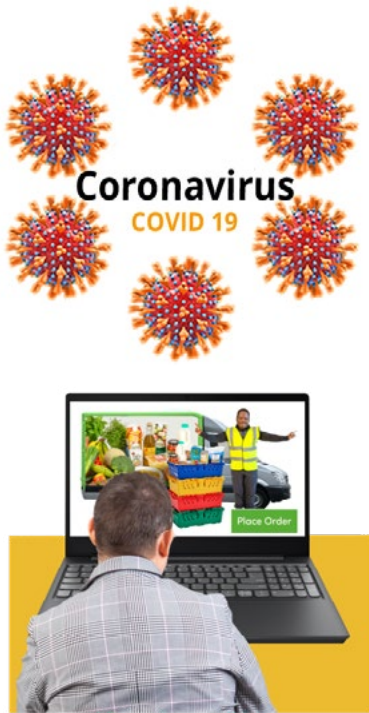
What to do if you don't have symptoms



If you don't have any symptoms you only need a test if you have been asked to by:

- your local council
- your hospital
- taking part in a government COVID-19 test

What to do to if you have a positive COVID-19 test



If you test positive for COVID-19, you must self-isolate for 10 days. Please follow these rules:

- do not go out to buy food. Order it online or ask somebody to bring it to your house
- do not have visitors inside your home unless they are there to take care of you
- everyone else who lives in your house or is in your support bubble should also self-isolate
- you must only leave the house in exceptional circumstances such as to escape domestic abuse

Self-isolate for 10 days

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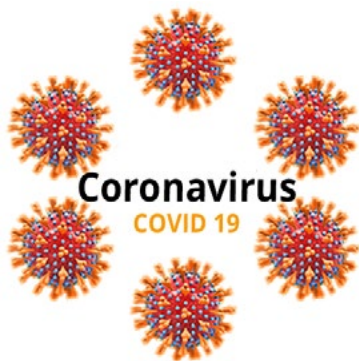


Not all these measures will be possible if you, or those you live with, have conditions such as learning disabilities, autism or serious mental illnesses. Follow this guidance to the best of your ability, whilst keeping yourself and those close to you safe and well.



NHS Test and Trace will get in touch with you by text, email or phone. This is so they can find out which people you have seen, so that they can self-isolate and stop the spread of the virus.

What to do to if you have a negative COVID-19 test



If your test says you do not have COVID-19, you do NOT need to self-isolate.



Your household and support bubble members can also stop self-isolating.

What to do if you cannot work because you need to self-isolate



You can get £500 from the **Test and Trace Support Payment scheme**.

You can only get this money if:

- you have been asked to self-isolate by NHS Test and Trace on or after 28 September 2020, because you have tested positive or have been close to someone who has tested positive
- you don't earn very much money
- you cannot work from home and will lose out on money
- you normally get benefits like Universal Credit, Working Tax Credit or other benefits



You can check with the council about benefits on the council website at: [Benefits and financial help](#)

Additional support



We Are Bristol Helpline

If you need help getting food, medicine or other necessities, please contact the We Are Bristol helpline on

0800 694 0184 or visit:

www.wearebristol.co.uk/covid-19



Mental health support

COVID-19 has been tough on all of us, so if you're struggling, please don't suffer in silence.

The local 24/7 mental health Support and Connect helpline is available to everybody in Bristol at on **0800 012 6549**.

Domestic abuse advice

If you are concerned that someone you know is being badly treated, there's help at hand. Contact Next Link

Domestic Abuse services on

0117 925 0680 or chat online at: