



TEST AND TRACE

From Thursday May 28th, the Government has introduced new measures to reduce the infection rate from Coronavirus.

Part 1: for someone with symptoms of coronavirus

1. **isolate:** as soon as you experience coronavirus symptoms for at least 7 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
2. **test:** order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access
3. **results:** if your test is positive, you must complete the remainder of your 7-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms.
4. If you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited.

Part 2: You will be contacted by the NHS test and trace service if you have been in close contact with someone who has tested positive for coronavirus and you will be told to self-isolate for at least 14 days.

Easing the Lockdown

- From today, people are allowed to spend more time outdoors
- They will be able to go to parks and beaches to sunbathe, have a picnic and go fishing
- Outdoor sports courts can reopen, including tennis and basketball courts as well as golf courses
- People will also be able to see one person from another household, as long as they follow social distance guidance
- This follows scientific advice that the risk of infection outside is significantly lower than inside
- All of the new regulations are subject to social distancing rules