



## Information sheet for close contacts of PCR positive cases

### Booking a test for a close contact who has no symptoms

Close contacts aged 5 and over can arrange to have a single PCR test whether or not they have symptoms. This is because close contacts are at a higher risk of being infected. Taking a test will help find as many people with COVID-19 as possible and, by tracing your contacts, help reduce the spread of infection to others

You should arrange for your child to have this test as soon as possible. You can order a home test kit or book an appointment at a test site. To reduce the risk to others you should only use a test site if you are unable to use the home PCR testing service. If you go to a test site, strictly observe social distancing advice and return home immediately afterwards. If you order a home test kit you should use it and return it within 48 hours of receiving it.

To book a test, please visit [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test). You will be asked to identify whether they have COVID-19 symptoms. If they have no symptoms, you should select 'No' for this answer and proceed through the questions until they get to the question: Why are you asking for a test?

<ul style="list-style-type: none"><li>• Please select the box that says: <i>I've been told to get a test by my local council, health protection team or healthcare professional</i></li><li>• And then the option that states: <i>My local council or health protection team has asked me to get a test, even though I do not have symptoms</i></li><li>• You can then proceed to book the test.</li></ul>	<h3>Why are you asking for a test?</h3> <p>If you are getting a test for someone you live with, answer for them</p> <p><input type="radio"/> I've been in contact with someone who's tested positive for coronavirus</p> <p><input type="radio"/> I was asked to get a test because I visited a venue where others have since tested positive</p> <p><input type="radio"/> I've been told to get a test by my nursery, work or place of education</p> <p><input checked="" type="radio"/> I've been told to get a test by my local council, health protection team or healthcare professional</p> <p><input checked="" type="radio"/> My local council or health protection team has asked me to get a test, even though I do not have symptoms</p> <p><input type="radio"/> A GP or other healthcare professional has asked me to get a test</p> <p>or</p> <p><input type="radio"/> None of the above</p> <p><a href="#">Continue</a></p>
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If your child has had a positive PCR test in the last 90 days, you do not need to book another one unless they have new symptoms. If your child has had a recent test using a Lateral Flow Device (LFD), we would ask that they still take a PCR test using the process above. The website will provide information of how to take the test and you will be informed directly of a positive or negative result.

If you agree for your child to be tested and they receive a positive result:

- They must self-isolate, and follow the national guidance: [COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-guidance-for-households-with-possible-coronavirus-infection).



- Please inform the educational setting of any positive result and also complete NHS Test and Trace so that contacts receive appropriate advice to avoid onward transmission.
- **If your child tests negative, they can continue attending the educational setting you should look out for signs and symptoms.**

### **What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19**

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). If the child has a positive test result but do not have [symptoms](#), they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full days from the day following their symptom onset. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119.

### **Instructions for people who live in the same household as someone with COVID-19 (tested positive or symptomatic awaiting a test result)**

From 16 August, [you will not be required to self-isolate if you are a contact of someone who has tested positive for COVID-19](#) and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, [you will be advised to have a PCR test as soon as possible](#).

**Any member of the household who is aged 18 years and 6 months or over and has only received one dose of COVID-19 vaccine or has not received any dose of the COVID-19 vaccination will still be required to self-isolate as household contact of a someone with COVID-19 symptoms awaiting testing and someone who has tested positive for COVID-19.** Please read the [stay at home guidance](#) which provides information on this.

Household members who are not exempt from isolation as close contacts should not go to work, school or public areas, and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Household members staying at home for 10 days will greatly



reduce the overall amount of infection the household could pass on to others in the community.

You could be fined if you do not self-isolate following a notification by NHS Test and Trace. You may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if you are required to stay at home and self-isolate or you are the parent or guardian of a child who has been told to self-isolate.

Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

## **Instructions for household contacts who are not required to self-isolate from 16 August**

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the [guidance on how to stay safe and help prevent the spread](#). As well as getting a PCR test, you may also consider:

- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in [regular LFD testing](#)

You should follow this advice while the person in your household with COVID-19 is self-isolating.

If you are a health or social care worker who has been identified as a household contact and are exempt from self-isolation, there is [additional guidance available](#) that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop [symptoms](#) at any time, even if these are mild, self-isolate immediately, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).

### **For most people, coronavirus (COVID-19) will be a mild illness.**

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

### **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- get vaccinated – everyone aged 18 and over can [book COVID-19 vaccination appointments](#) now
- wash your hands with soap and water or use hand sanitiser regularly throughout the day



- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here:  
<https://www.gov.uk/log-test-site-covid19-results>

### **Further Information**

Further information is available at  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>



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