

TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to
tackle coronavirus in Scotland

1



RECOGNISE SYMPTOMS

A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.

2



REQUEST A TEST RIGHT AWAY

Go to the NHS Shetland website and click on the **'Self refer for a COVID test if you have symptoms'** button. The local testing coordinator will contact you and arrange for a test.

3



ISOLATE

Isolate for 10 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.

4



GET TESTED

When isolating, you should only leave home to get tested. There are various ways of having this done.

5



GET RESULTS

They should be with you within 48 hours and no more than 72 hours.

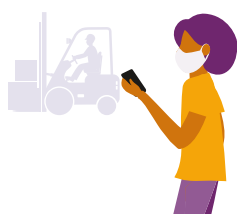
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PROVIDE DETAIL

If you have coronavirus, NHS contact tracers will contact you to ask who you have had close contact with recently.

7



NHS INFORMS CONTACTS

The NHS will then contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.

8



CLOSE CONTACTS ISOLATE

They will be asked to isolate for 14 days from the last time they had contact with you.

9



HOUSEHOLD OF CLOSE CONTACT

If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should begin household isolation and request a test straight away.