

What to do if you are a close contact of a confirmed case

A close contact of yours tests positive for COVID-19 and informs NHS Test and Trace that you are one of their close contacts

NHS Test and Trace alerts you that you need to isolate for 14 days from the last contact

Your household contacts and work colleagues do NOT need to self-isolate

If you develop symptoms, book a test

Household isolates for 14 days

Household contacts also isolate immediately as they are very likely to be infected too, if it is coronavirus

Negative for COVID-19

Household stops isolation immediately

Complete 14-day isolation

Your symptoms were not coronavirus but you may still develop coronavirus later in the 14 days

Positive for COVID-19

You can complete self-isolation 10 days after your symptoms started

Household completes 14-day isolation

For people with symptoms

Symptoms start

Immediately start isolating for 10 days

Household starts isolating for 14 days

Household contacts also isolate immediately as they are very likely to be infected too, if it is coronavirus

Book a test
(within the first 5 days after symptoms start)

Negative for COVID-19

Positive for COVID-19

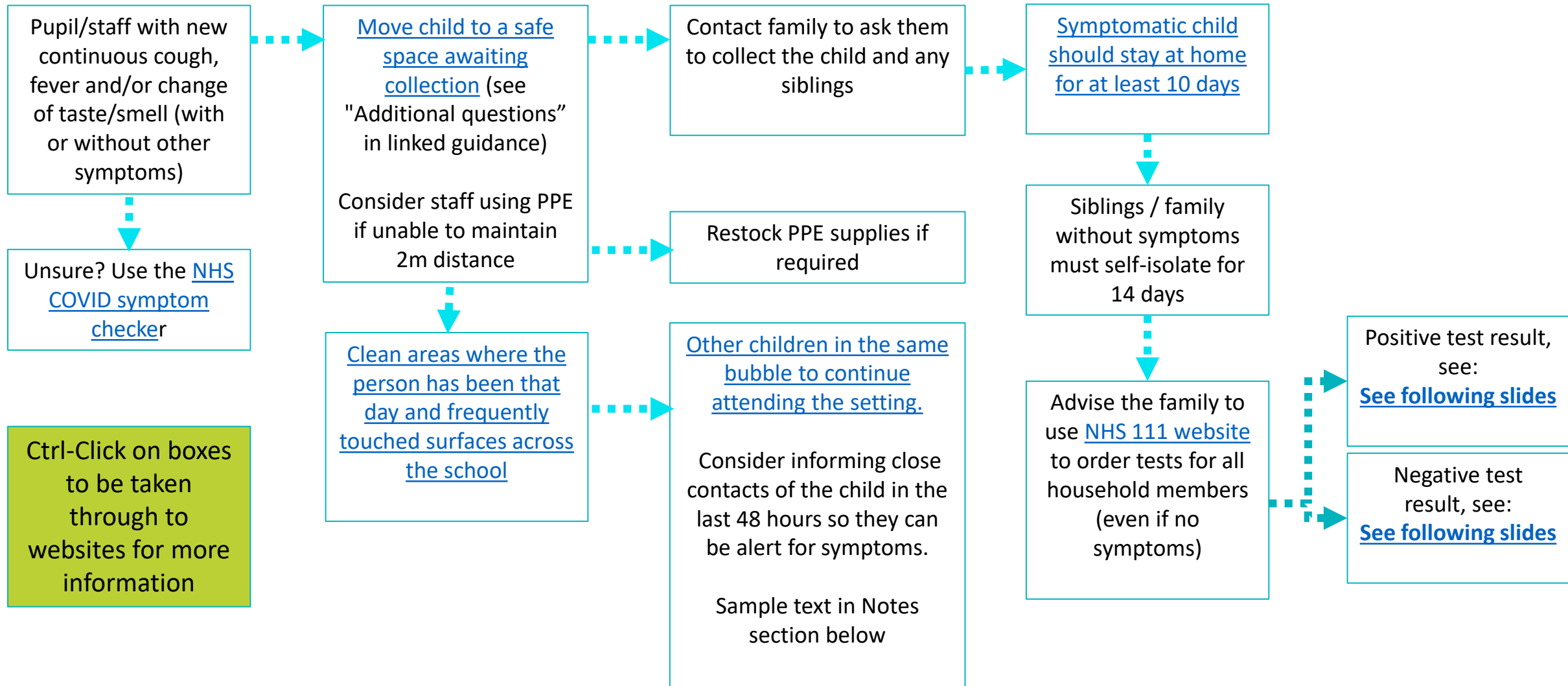
Household stops isolating immediately

Stop isolating if you feel well

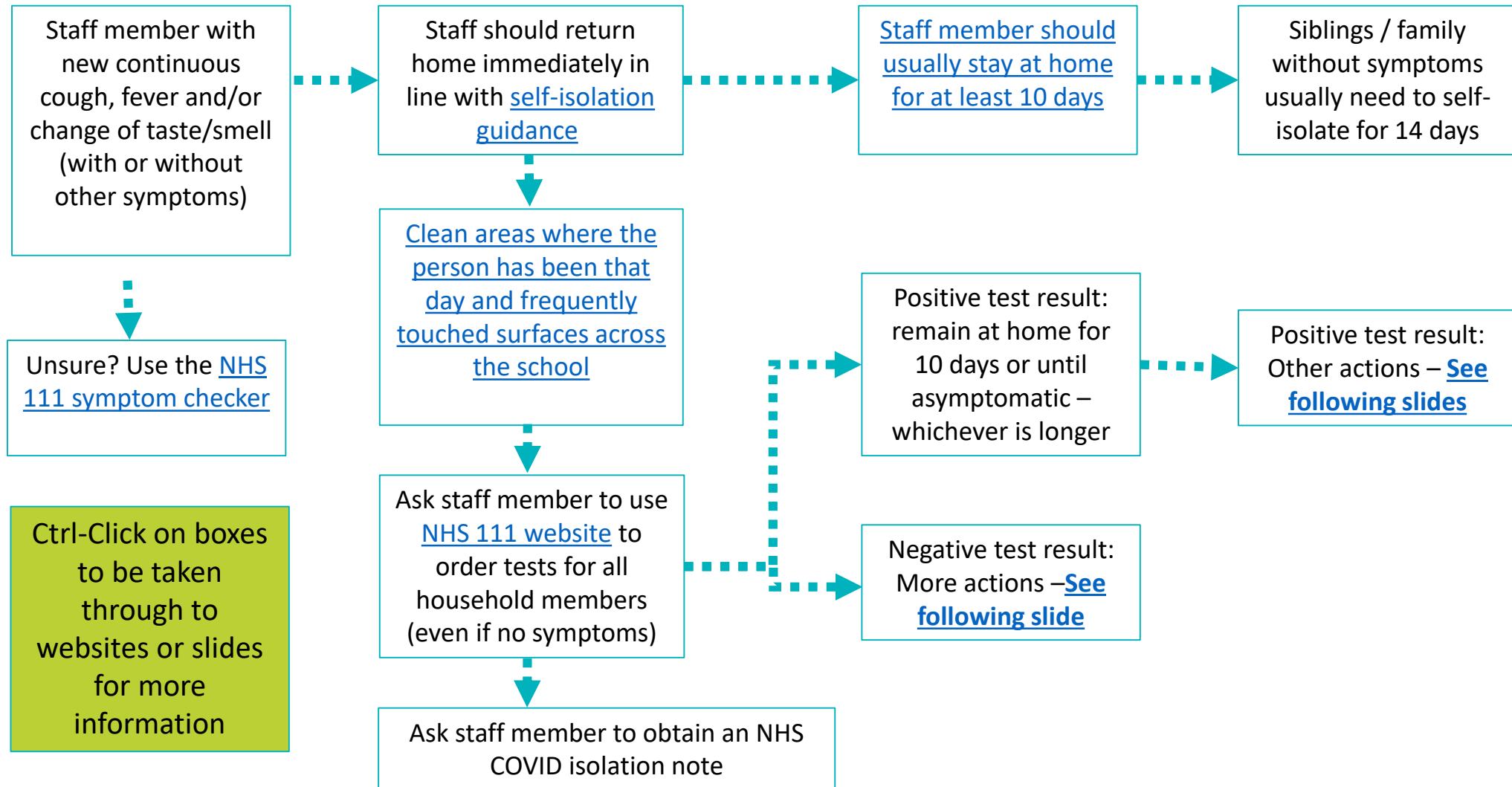
Share contacts via NHS Test and Trace

Complete 10 days self-isolation

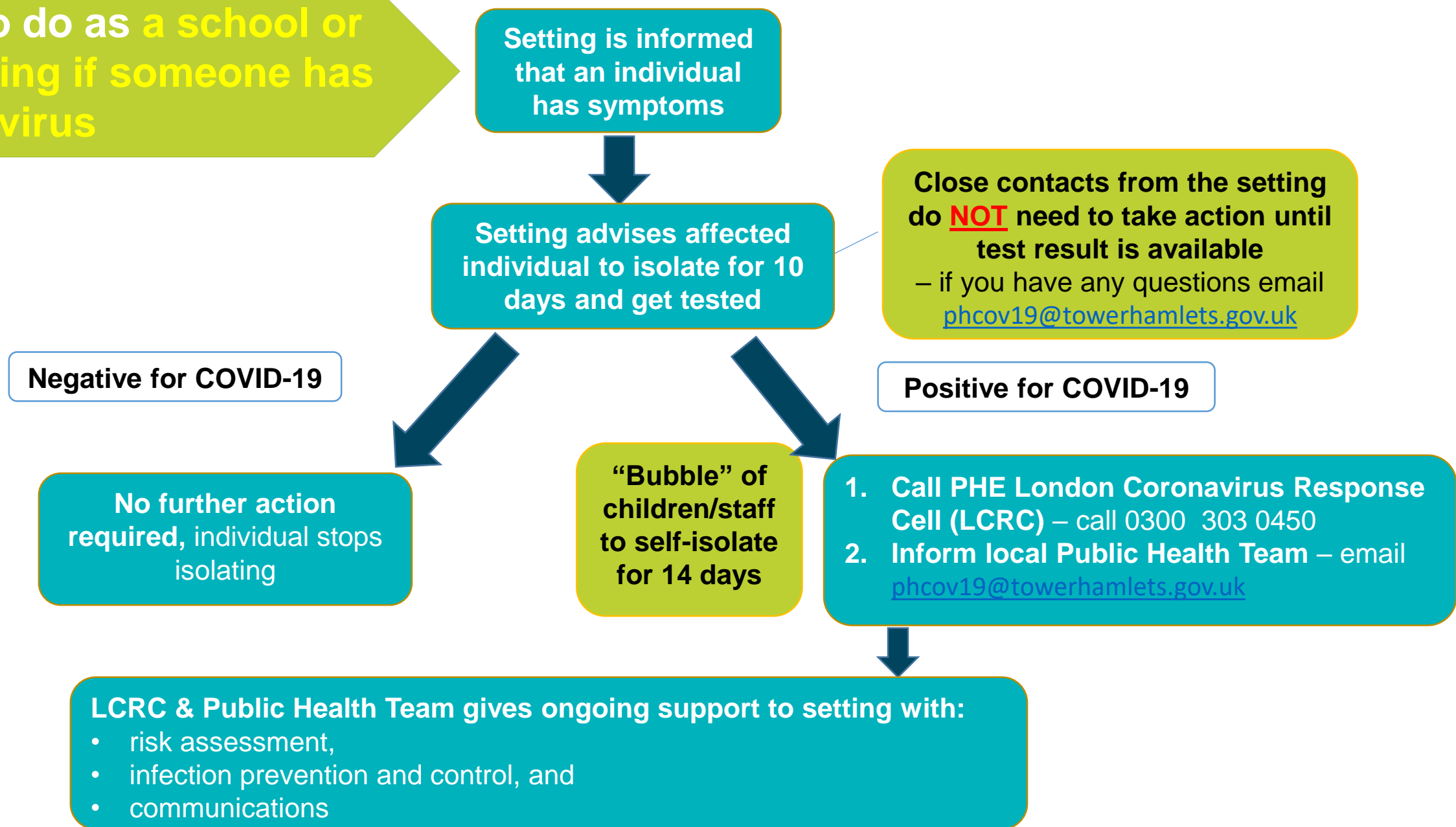
What to do: Pupil with coronavirus symptoms



What to do: Staff with coronavirus symptoms



What to do as a school or EY setting if someone has coronavirus



How families can access testing

- **Two testing options:**
- Drive-through or walk-through test site
- Home test kit – delivered to the home
- **How to order a test** (5 years+ and adults):
- NHS Online for [more information](#) and to [ask for a coronavirus test](#)
- Call 119
- **Children under 5:**
- Tests should only be ordered after clinical assessment to rule out other more serious infections.
- Call NHS 111 or go to NHS Online, or if unwell speak to the GP or call 999.

Testing for under 5s

- **Test kits are now available for use for children under 5 in England and so children of any age can be tested. Children of essential workers are able to access priority testing through gov.uk or through the Employers Portal**
- Call 111 if you're worried about a baby or child.
- If they seem very unwell, are getting worse, or you think there's something seriously wrong, call 999.
- Do not delay getting help and testing if you're worried. Trust your instincts.
- **You can find further information on the NHS guidance:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Test Centres location in Tower Hamlets

Regional Test Centres:

Test centres are for those in vehicles **ONLY** (drive-through) and for booked appointment **ONLY**

- ✓ **O2**
- ✓ **Lee Valley**

The Mobile Testing Unit (MTU): is only conducted for those people who have an appointment booked via the national booking portal:

- ✓ Is located at **Mile End Leisure Centre** (but this may change if the Leisure Centre re-opens).
- ✓ Opening times from **10.30am-4.00pm** currently is open **two days** every eight days.
- ✓ Tests available for those in vehicles and for pedestrians and by appointment **ONLY**.
- ✓ The public can access these via NHS website or by calling the Coronavirus Testing Centre.

What do local public health and PHE do to support organisations?

PHE London Coronavirus Response Cell (LCRC)

Call 0300 303 0450; Email LCRC@phe.gov.uk

- Gives initial advice to organisations when there is a person with confirmed coronavirus in a high risk setting
- Wants organisations to notify them of all confirmed (test positive) cases in high risk local settings
- If PHE confirm that there is an outbreak in any setting, they will still:
 - ✓ Support setting to complete a risk assessment
 - ✓ Run through infection prevention and control check list
 - ✓ Support with communications, if needed
 - ✓ Alert local authority public health who will provide ongoing support.

Local authority public health

phcov19@towerhamlets.gov.uk

- Responds to enquiries and coordinate local support to pandemic
- Gives advice to organisations if there are suspected coronavirus cases (i.e. before test result back)
- Gives ongoing support and training to settings and managing outbreaks