

Coronavirus COVID-19

A Pavees Guide to COVID-19 Test

Changes to the COVID-19 testing means that people will **ONLY** get tested if they have **ANY TWO** of the following symptoms:

- 1 Cough
- 2 High temperature
- 3 Trouble breathing



WHAT TO DO IF YOU THINK YOU HAVE IT?

- Self-isolate & call GP immediately
- **DON'T** go the GP, chemist or hospital
- Tell the GP that you are a Traveller and your symptoms as they will prioritise you

WHAT WILL HAPPEN NEXT?

- If test is needed, the GP will arrange - this could take a few days
- Give the right mobile number
- A number for your test will be sent to your mobile, you will need to bring this with you
- You will not be tested if you don't have an appointment
- If you don't need a test, stay at home and self-isolate for 2 weeks with your family
- If you get worse, phone your GP or ambulance. **DON'T** go to the hospital

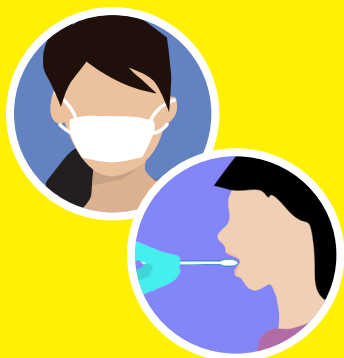
Traveller
phone line:

083
100
6300



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DURING THE TEST

The test will be done in testing centre or at your home:

- You will be given a mask and asked some questions
- A sample will be taken from inside your mouth and nose



AFTER THE TEST

If it is **POSITIVE**, you will get a phone call and asked about the people you have been in contact with.

What happens if I have it?

- Self-isolate
- Stay away from other people
- Get lots of rest
- Drink plenty
- Keep warm
- Don't smoke

This will help protect you, your family and other Travellers.



What to do if I am getting worse?

- Call GP or an ambulance
- **DON'T** go to the hospital as you won't be seen - the hospitals are only taking very sick people
- GP or ambulance will advise you to go to an assessment centre where you will be checked. If needed, you'll be sent to the hospital.