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
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.