



# Covid-19 guidance for

## Testing if you have symptoms

If you have symptoms, you should self-isolate and book a \*PCR Test.

### SYMPTOMS INCLUDE:

- **a high temperature**  
this means you feel hot to touch on your chest or back
- **a new, continuous cough**  
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste**  
this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

1

BOOK A PCR TEST ONLINE AT  
[www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)  
OR CALL 119

\*PCR - Polymerase Chain Reaction test is used to diagnosis people who are currently infected with coronavirus.

### PCR testing sites in Northumberland for people with symptoms :

- Peoples Park car park, Ashington,
- Marine Terrace car park, Blyth
- Sandstell car park in Spittal, Berwick
- Former fire station site, Tyne Mills Industrial Estate, Hexham

Alternatively, request a home PCR test.

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Take PCR Test

Positive PCR Test

**Continue self-isolating for 10-days from first day of symptoms.**

NB: Isolation period is 10 full days from onset of symptoms (or date of test if no symptoms).

NHS Test and Trace will provide advice about your self-isolation period.

Negative PCR result

**Stop isolating if:**

- you are well
- no-one else in your household has symptoms or has tested positive
- you have not been advised to self-isolate by NHS Test and Trace.

**Close contacts**

- Stay at home and complete 10 full days isolation from the date of last contact.
- Book a PCR test even if no symptoms.

