



Llywodraeth Cymru
Welsh Government

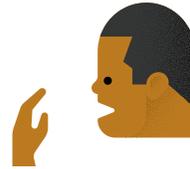
Test. Trace. Protect. To keep Wales safe.



What do you need to do?

1

You develop at least 1 coronavirus symptom: a new continuous cough; high temperature; or loss of smell or taste.



If you've been within 1m of someone for 1 minute or longer or within 2m of someone for 15 minutes or longer, you'll need to tell us about them. You'll also need to tell us about anyone you've travelled in a vehicle with, or people who've sat near you on public transport.



2

[You and members of your household follow self-isolation guidance.](#)

Please be vigilant for scam callers. We will never ask you for any financial information, bank details, or passwords. If in any doubt, do not provide the information. Texts will be sent from +447775106684, emails will be sent from tracing@wales.nhs.uk / olrhain@wales.nhs.uk, and calls will be made from 02921 961133. No other channels will be used by the NHS Trace, Test, Protect team.

3

Take a test within the first 5 days of developing symptoms, when the test is most effective.
[Apply for a test here.](#)



6

A contact tracer will get in touch with your contacts. They will tell them that they have been in contact with someone who has tested positive for coronavirus. Your identity will not be revealed unless you give permission. They will be provided with support and advised to self-isolate for 14 days from their last contact with you. Members of their household will not be asked to self-isolate, but should follow the [social distancing guidance](#) and avoid contact with the person isolating at home.



4

If the test is negative, no further action is needed by you or others in the household. You no longer need to self-isolate. If the test is positive, you will be contacted by a contact tracer on behalf of the NHS Wales Test, Trace, Protect service. You will only be contacted after you have had a positive test.



5

You will be asked to provide us with information. We will need to know who you've been in contact with and where you've been in the two days before your symptoms started until now.



7

Your contact will only be advised to take a test if they are displaying symptoms. Testing asymptomatic people is not recommended as it can generate false negatives. If they test positive, the process will be repeated for this person, their household members and contacts.

TRACE YOUR MOVEMENTS. STOP THE SPREAD.
TOGETHER WE'LL KEEP WALES SAFE.

Visit gov.wales/coronavirus

