



Getting good lives for people
with learning disabilities
in Kingston

Test and Trace - Easy read

I don't feel well. I'm not sure if it is Covid-19.



If you think you have symptoms* of Covid 19 like a cough, or a fever, you should get advice quickly from NHS111 online [here](#).

You can also check your symptoms on that link.

A symptom of Covid 19 is a sign like a cough, a fever or losing your sense of taste and smell that you may have it.

I have checked my symptoms, I think I have Covid-19. What do I do?



You need to stay at home right away.

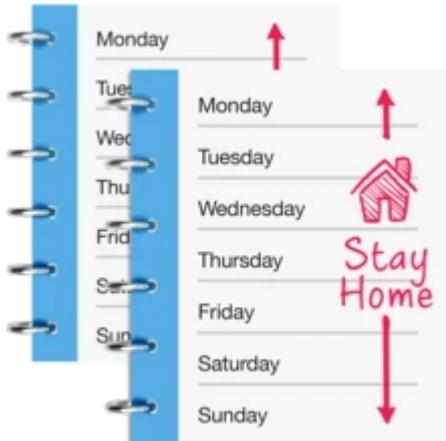


You also need to get a test [here](#), or call 119 if you do not have internet access.

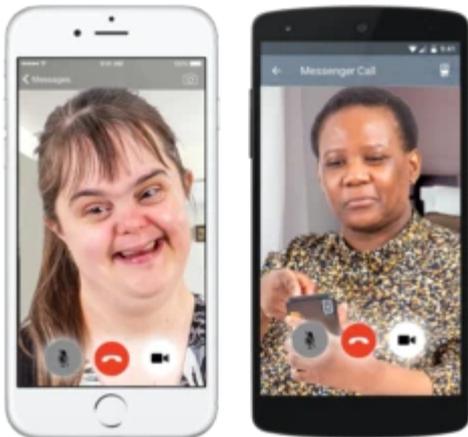
I am waiting for my test/ results - What do I do?



If you are waiting to be tested or get your results, you need to stay at home during that time.



If you live with other people, they also have to stay at home for 14 days from the day you start to get symptoms.



You need to tell people you have been in close contact with in the past 48 hours, that you may have Covid 19.

The test results come back and you do NOT have Covid-19



You and the other people you live with do not need to stay at home.

The test results come back and you have Covid-19



You need to keep staying at home for at least **10 days** from when you first got symptoms.



Your family must keep staying at home for a total of 14 days from when you first got symptoms. There is more information [here](#).

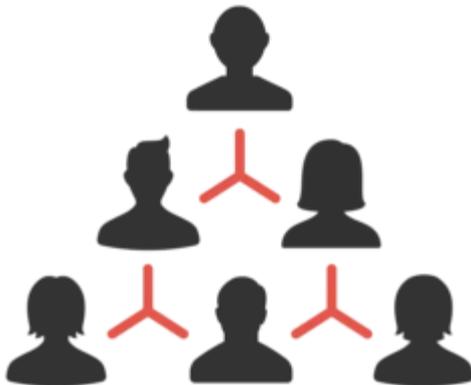
What happens next ?

NHS



If you have Covid 19, NHS Test and Trace will be in touch within 24 hours of your test result.

This will be by text or email.



If someone has Covid 19, it is really important to find out who they have been in contact with.

This is called tracing.

This is to stop more people getting Covid 19.



The text or email will let you know how to share details of the people you have been in close contact with not long ago.



This also means your family or other people you live with.



It also means people you have been in direct contact with, or within 2 metres of, for more than 15 minutes.



You will also need to let the Test and Trace team know about the places you have been to.



You will give this information on a website that is safe.



If you do not have the internet, someone will call you from the Test and Trace team.

They will use this phone number:

0300 013 5000



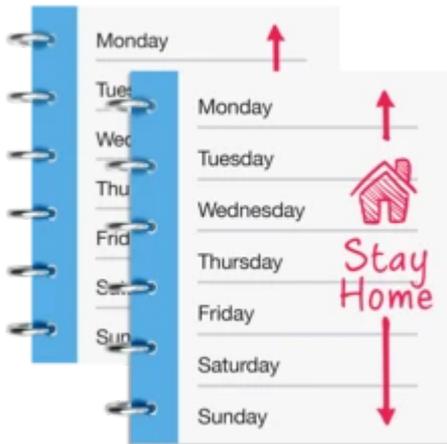
The Test and Trace team will use the information you give them to let certain people know that they need to stay at home.



This will be people most at risk of having Covid 19.

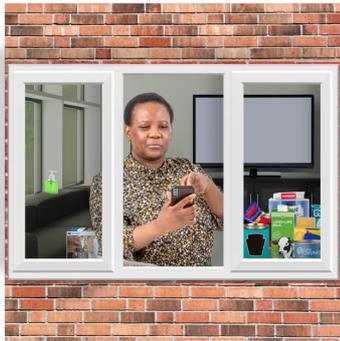
The Test and Trace team will not tell people you have Covid 19.

I feel good, but NHS Test and Trace have told me I have been in contact with someone with Covid-19.



If the Test and Trace team tell you that you have been in contact with a person with Covid 19, you need to stay at home for 14 days.

This is from the day you were last in contact with the person.



Do not leave your home for any reason.



If you need food or medicine, order it online or by phone.

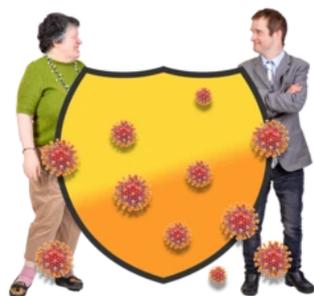
You can also ask friends and family to drop it off at your home.



People you live with do not need to stay at home if you do not have symptoms.



If you live with someone who is at risk from Covid 19, it is better if they stay with friends or family for 14 days while you are staying at home.



If that is not possible, you can find advice on how to make sure you do not give Covid 19 to the people you live with at [NHS online](#).



If you feel you are getting Covid 19 symptoms, you should get advice quickly from the [NHS 111 online](#) coronavirus service.

You can also check your

symptoms on that link.

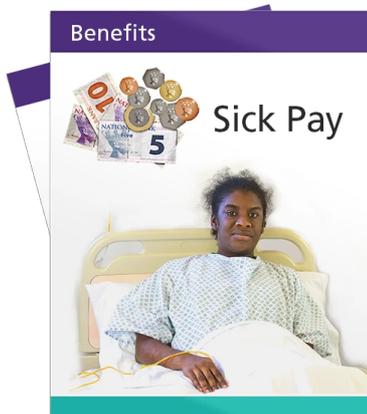
Do I only need to stay at home once?



You may be in contact with people who have Covid 19 more than once.

This means you may be asked to stay at home more than once.

I will not be able to work if I stay at home. What help can I get ?



You can get sick pay, which is £95.85 per week, up to 28 weeks if you are staying at home because:

- You have COVID 19.
- Or someone else in your home has it.
- Or you have been told that you have been in contact with someone with Covid 19.



If you are not able to get sick pay, for example because you are self employed, and you have been told you need to stay at home then you can make a claim for Universal Credit*.

Universal credit is money to help you with the cost of living and to pay the bills.



If you are self-employed, your local council may be able to help your business through their hardship fund.

The hardship fund is money to help you if you are having a tough time earning money because you are not able to work.



You can contact your local council for more information.



You can find information on the help you can get. This is if you are staying at home and not able to work.

It is on the HM Treasury website [here](#).