**How to book a test**

You can book a test online at [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or by phoning 119. When you are booking the PCR test online, under the section ‘why are you asking for a test’, please select ‘I have been told by contact tracers to get a test.’

Tests can be arranged at your closest testing site.

Going for a COVID test is one of the reasons your child can leave home during the self-isolation period, however, they should not use public transport.

**Positive PCR test results in people who are close contacts.**

**If the test is positive:**

A new period of self-isolation will begin for your child, for 10 days from the date of the test. You will be contacted by the PHA contact tracing service who will ask about the vaccination status of adults in the household to decide whether they need to self isolate, identify other contacts and provide you with advice about what to do next.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

What to do if your child develops symptoms of COVID 19

The most common symptoms of COVID-19 are

* recent onset of:
* new continuous cough and/or
* high temperature and/or
* a loss of, or change in, normal sense of taste or smell (anosmia)

Please book a free PCR test, even if an earlier one was negative. Your child should stay at home and self-isolate until you receive the result. Please see Coronavirus (COVID-19): self-isolating | nidirect for guidance on whether other people in your household also need to self-isolate while you are waiting for your child’s PCR result.

**How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

* Please get vaccinated if you are eligible and haven’t already done so
* wash your hands with soap and water often – do this for at least 20 seconds
* use hand sanitiser gel if soap and water are not available
* wash your hands as soon as you get home
* cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* put used tissues in the bin immediately and wash your hands afterwards.

For further information, please see the NI Direct website Coronavirus (COVID-19): self-isolating | nidirect the Public Health Agency website [https://www.publichealth.hscni.net/covid-19-coronavirus or contact NHS 111](https://www.publichealth.hscni.net/covid-19-coronavirus%20or%20contact%20NHS%20111).

If your child feels unwell and you are worried about their symptoms or about anyone else in the home, please contact your GP.

I know that organising tests and staying at home waiting for results may be hard for you and your child but it is vital to help reduce the risk of transmission in the community.

Your support is very much appreciated