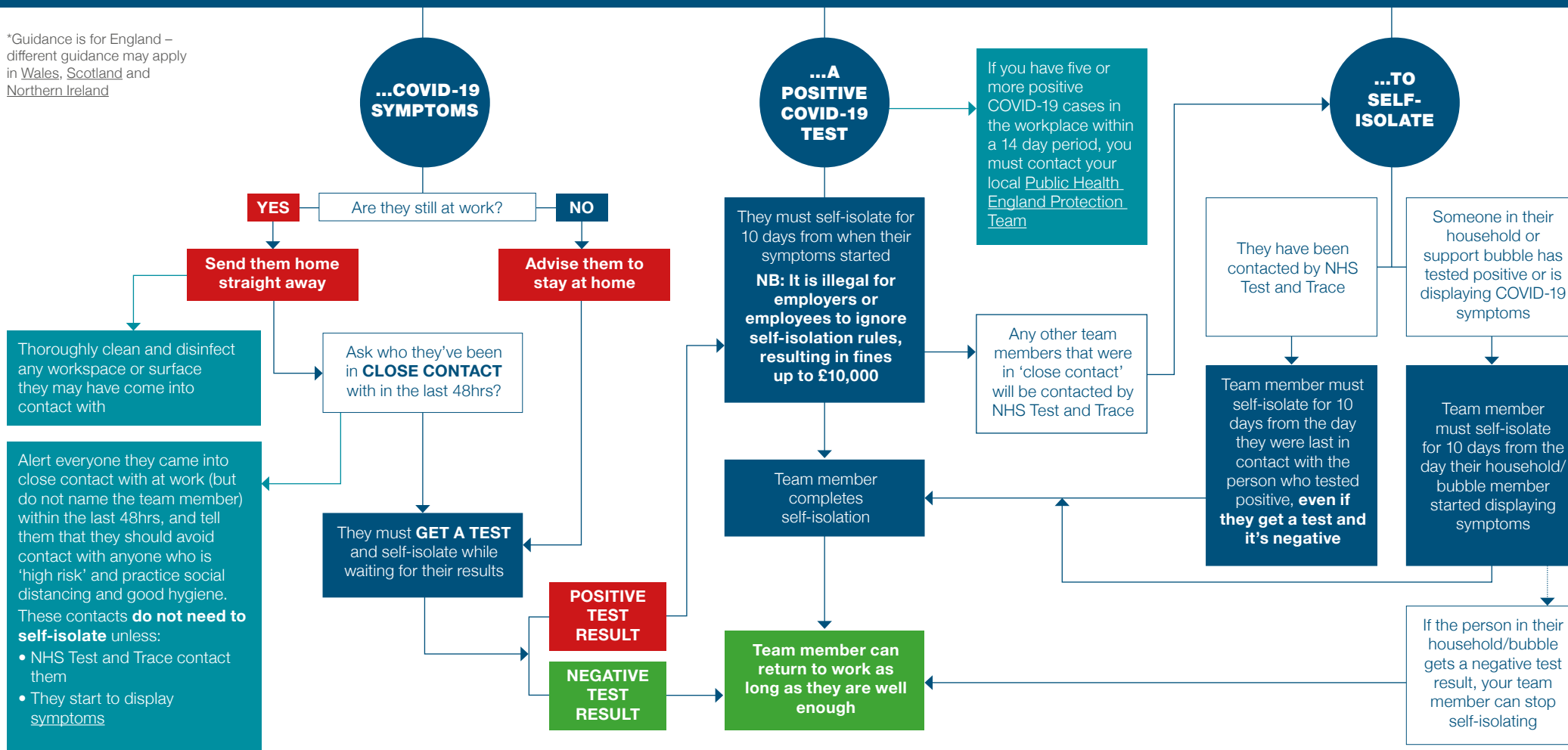


*Guidance is for England – different guidance may apply in [Wales](#), [Scotland](#) and [Northern Ireland](#)



DEFINITION OF A CLOSE CONTACT

A close 'contact' is a person who has been close to someone who has tested positive for COVID-19 any time from two days before the person was symptomatic up to 10 days from the onset of symptoms (this is when they're infectious to others). This could be a person who:

- spends significant time in the same household or workspace
- is a sexual partner
- has had face-to-face contact (within one metre), including being coughed on/having skin-to-skin physical contact/in contact within one metre for one minute
- has been within 2 metres of them for more than 15 minutes
- has travelled in a small vehicle, or in a large vehicle or plane with them

TYPES OF TEST

The two tests that are currently available are:

- **PCR** (Polymerase Chain Reaction) test which is the most common and accurate, but can take a while getting the results as they have to be tested in a laboratory
- **LFD** (Lateral Flow Device) test – this is generally given to people that are showing no symptoms – the results are quicker but less accurate
 - If you have an LFD test and it tests positive, you should self-isolate and look to get a PCR test within 48hrs
 - If the subsequent PCR test is negative you can stop isolating and carry on normally as this is more accurate

HR TIPS

- Team members on a lower income who can't work from home may be eligible for a [£500 Test and Trace Support Payment](#)
- Employers with fewer than 250 employees are able to use the [Coronavirus Statutory Sick Pay Rebate Scheme](#) to claim back any Coronavirus related [Statutory Sick Pay](#) they have paid to their employees