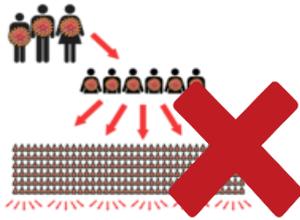# Coronavirus (COVID-19): Contact tracing

Easy Read Version

Contact tracing is something the Scottish Government is doing to stop the coronavirus spreading.

What is contact tracing?

There is a local team of contact tracers in every part of Scotland.

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Their job is to find everyone who has had contact with people affected by coronavirus

The contract tracers will tell all these people to stay home and self-isolate.

What will this mean for me?

If you test positive for coronavirus, contact tracers will get in touch with you.
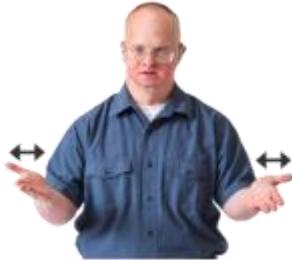
They will ask you some questions.

These are some of the questions they will ask:

Who do you live with?

Where have you been recently?

Who have you been near recently?

How much time did you spend with them?

The contact tracers will tell those people to stay at home and self-isolate.
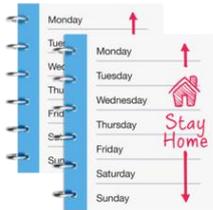
What if I get a phone call?

You might get a phone call from the contact tracers even if you are feeling well.

They will phone you if you have been in contact with someone who has coronavirus.

They will tell you to self-isolate at home for 14 days

They will not tell you the name of the person who has the virus unless they give permission.

How will I know if I am speaking to a contact tracer?

Sometimes people do fake phone calls to try and scam people

This is how you will know that a call from a contact tracer is not a scam.

They will phone from this number - 0800 030 8012.

If you like you can end the call then phone them back on this number.

They will ask for you by name.

Contract tracers will only ask you about the people you have been close to

They will not ask you to phone an expensive telephone number

This might be a phone number that looks strange you do not recognise

They will not ask you to pay for anything

They will not ask you for bank details

They will not ask you for passwords or PIN numbers
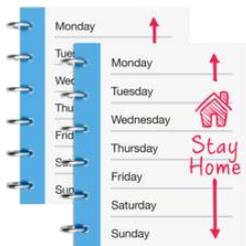
They will not ask to use your computer or phone

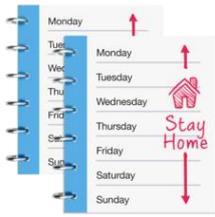They will not ask you to visit a website that is not NHS Scotland or Scottish Government

Speak to a friend or family member if you are unsure about a call from a contact tracer

What if I'm living with the person that tests positive for coronavirus?

If you live with someone who tests positive for coronavirus, you have to self-isolate at home for 14 days. You will have to do this for an extended household as well

What if I don't live with the person that tests positive?

The contact tracers will tell you to self-isolate at home for 14 days from the time of your last contact with this person.

The contact tracers will tell you what day that is.

You must do this even if you have had a negative test.

The other people living with you do not need to self-isolate

What if I get symptoms while I am self-isolating?

Then you have to isolate for 10 days from the first day of your symptoms

Everyone else in your house should self-isolate for 14 days from the first day of your symptoms

You should get a test as quickly as possible

If you test positive contact tracers will contact you.

Keep self-isolating till you get your test results back

What if my symptoms are very bad?

Dial 111 and speak to NHS 24.

111

999

If it is an emergency dial 999.

Tell them if contact tracers have been in touch with you.

The Scottish Government are calling contact tracing **Test and Protect**

Easy read information on Test and Protect can be found here

https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/