



Protecting and improving the nation's health

COVID-19: contact information sheet (passive follow-up) for the general public including non-healthcare workers

You have been given this factsheet as you have had close contact with someone who has tested positive for novel corona virus COVID-19. The degree of contact you have had is not considered to be a significant risk to you. However it is possible that you could develop infection within 14 days of the last date of contact with the confirmed case.

As you are well now, you do not need any specific treatment. However, you are being asked to monitor your own health, looking out for any symptoms such as fever, cough or difficulty breathing.

What symptoms should I be concerned about?

You should look for any of the following symptoms in the 14 days after the day you had your close contact:

- cough
- difficulty in breathing
- fever (a temperature of 38°C or higher)

If you become ill in the 14 days after close contact with the case

If you develop any of these symptoms during your 14-day monitoring period, you should **dial NHS 111** and inform them that you have been in close contact with a patient who has had COVID-19 acute respiratory disease.

Do not go to your GP.

It is vital that you report any symptoms, however mild, to NHS 111 so they can arrange for you to be assessed quickly and appropriately.

Please call 999 if you are having a medical emergency and inform the call handler/operator that you are a close contact of someone who has tested positive for novel coronavirus COVID-19 acute respiratory disease. Please take this factsheet with you if you are taken into hospital or assessed by a medical professional.

FAQ:**If I am at risk, shouldn't I be in hospital?**

Although you have close contact with someone who had COVID-19, you are not unwell at the moment and do not need to stay in hospital. It is better for you to stay in familiar surroundings if you can. If you do become unwell, NHS 111 will make arrangements for you to be assessed by an appropriate specialist in hospital, as quickly as possible.

Aren't my friends and family at risk?

Your friends and family do **not** need to take any precautions or make any changes to their own activities.

Do I have to do anything different?

You just need to follow the advice about monitoring your own health. You can still go about your normal everyday activities unless you become unwell.

What will I do about work?

You can continue your normal work unless you become unwell.

I have travel booked during this 14-day monitoring period. What should I do?

You are advised not to travel abroad during the 14-day monitoring period. The reason for this is that it would be complicated for other countries to make arrangements for you to be monitored, or provide you with healthcare if you became unwell. This is only temporary and lasts for your 14-day monitoring period, so you can re-arrange your travel for after that period ends.

Is there anything I can't do?

Please contact your local Public Health England health protection team 0344 225 3861 for advice before attending any healthcare appointments.

What should I do if I become unwell?

If you become unwell, you should stay at home and contact NHS 111 and tell them you have been in contact with a person who has had COVID-19 acute respiratory disease. You should not go to your GP surgery or another health service unless you are told to by NHS 111.

Please call 999 if you are having a medical emergency and inform the call handler/operator that you are a close contact of someone who has tested positive for COVID-19 acute respiratory disease. Please take this form with you if you are taken into hospital or assessed by a medical professional.