



**Rt Hon Nicola Sturgeon MSP**  
**First Minister of Scotland**

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Your efforts in helping to tackle the COVID-19 crisis have been admirable. Thank you for everything you have done – and are doing – to help control the spread of the virus, protect the NHS and save lives.

Together we have made great progress, but COVID-19 has not gone away – which is why I am writing to you now. I want to set out how we continue those efforts and the role we need you to play. We will only succeed if everyone does their bit.

NHS Scotland's Test and Protect service is key to this and it will become part of all our lives in the months ahead. It will help us suppress the virus while we slowly ease lockdown restrictions, helping keep you, your loved ones and your community safe.

As part of Test and Protect, there are three things we need from you:

1. If you have any of the symptoms of COVID-19 – a cough, temperature or loss of or change in taste or smell – you and your household should isolate at home and you should take immediate steps to book a test. To do this go to [NHSinform.scot/test-and-protect](https://nhsinform.scot/test-and-protect) or, if you can't get online, call NHS 24 on 0800 028 2816.
2. If you test positive, you work with a member of NHS Test and Protect staff to provide the details of all those you have been in close contact within the 48 hours before your symptoms began.
3. If you are contacted by an NHS contact tracer and asked to isolate for 14 days, you follow that advice and do not leave your home for that time period.

This way we can break the chains of transmission of the virus and stop it moving from one person to another. It is only by doing this that we can lift more of the lockdown restrictions and enable people to go back to school, to work and to meeting friends and family.

To avoid catching COVID-19, or being asked to isolate, it is essential that we all practise good hygiene and follow the guidelines on who, where and how we meet others. Keep 2 metres apart from anyone outside of your household, regularly wash your hands, avoid touching your face and wear a face covering on public transport or in busy shops. This is how we keep the virus under control.

I understand this is asking a lot from you, and it will require exactly the same spirit of solidarity and care for each other as lockdown has done.

Remember, the virus has not gone away. It affects everyone and can infect anyone. So please read the information leaflet and follow the advice. Help us to protect you, your loved ones and your community.

Thank you for the progress made so far.

Yours sincerely,

**Nicola Sturgeon**  
**First Minister of Scotland**

# TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

1



## RECOGNISE SYMPTOMS

A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.

2



## REQUEST A TEST RIGHT AWAY

It is important to get a test as soon as possible. Visit [NHSinform.scot/test-and-protect](https://nhs.uk/inform-scot/test-and-protect) or call 0800 028 2816 if you cannot get online.

3



## ISOLATE

Isolate for 7 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.

4



## GET TESTED

When isolating, you should only leave home to get tested. There are various ways of having this done.

5



## GET RESULTS

They should be with you within 48 hours.

6



## PROVIDE DETAILS

If you have coronavirus, NHS contact tracers will contact you to confidentially ask who you have had contact with recently. If you don't have the virus, you and your household can stop isolating.

7



## NHS INFORMS CONTACTS

If you have coronavirus, the NHS will contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.

8



## CLOSE CONTACTS ISOLATE

They will be asked to isolate for 14 days from the last time they had contact with you.

9



## HOUSEHOLD OF CLOSE CONTACT

If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting from step 1.

If you do not have community or family support and need essential help, call the National Assistance Helpline on **0800 111 4000** (Mon–Fri 9am–5pm) or via textphone on **0800 111 4114**. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://nhs.uk/inform-scot/test-and-protect)