



# Covid-19

## You've had a test... what happens next?

**Thank you for getting a test.**

You might be wondering what you need to do next.

This leaflet outlines:

- what you need to do after your test
- how and when you will get your test results
- what the results mean
- how you might be able to get help if you have to self-isolate

## After your test

You must continue to self-isolate until you receive your test result.

### **How to self-isolate:**

You must not leave your home if you're self-isolating:

- ✘ do not go to work, school or public places – work from home if you can
- ✘ do not go on public transport or use taxis
- ✘ do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✘ do not have visitors in your home, including friends and family – except for people providing essential care
- ✘ do not go out to exercise – exercise at home or in your garden, if you have one

## Your test result

You should receive your test result within 72 hours, via text message to the mobile phone number you provided at the time of your test. You might be contacted by Test Trace Protect who will provide your result. It is your duty to comply with requests for information about your movements and contacts when you were infectious.

## **If your test result is positive:**

- ✓ **Self-Isolate for at least 10 days** - you must self-isolate at home in line with the UK Government guidance (see 'How to self-isolate' left, or visit: <https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>)
- ✓ **Your household members must self-isolate for 10 days from your symptoms onset date**; if they subsequently develop symptoms themselves, they must self-isolate for **at least 10 days** from their symptoms onset and may request a test.

### **Ending self-isolation**

If you have had a positive test, then you may end your self-isolation after 10 days and return to your normal routine if you do not have ongoing symptoms other than cough or loss of or change to your sense of smell or taste. If you still have a high temperature, however, you should keep self-isolating until your temperature returns to normal and seek medical advice.

After 10 days if you just have a cough or change to or loss of smell or taste you do not need to continue to self-isolate - a cough or change to or loss of smell or taste can last for several weeks once the infection has gone. The 10 day period starts from the day when you first became ill.

## **If your test result is negative:**

### **1. If you've been identified as a contact of COVID-19**

- ✓ If you have been spoken to or identified as a contact of a case of COVID-19 and are within your 10 day self-isolation period, please continue to follow the advice.
- ✓ Despite a negative test (with symptoms or without), you must **continue to self-isolate until the 10 day incubation period is over.**
- ✓ If you subsequently become unwell after the 10 day incubation period, you should self-isolate again, and may need a further test.

### **2. If you are not a known contact of COVID-19**

Your negative test does not conclusively rule out infection due to COVID-19, but means that it is more likely that your symptoms were due to a different infection. It is important that you do not pass on these infections either, and should continue to self-isolate until you are better.

If you subsequently become unwell again, you should self-isolate, and may need a further test.

If you have had a NEGATIVE test result but have never had any symptoms, there is no need to self-isolate. If you subsequently become unwell, you should self-isolate, and may need a further test.

## **If your test result is unclear, void, borderline or inconclusive:**

An unclear, void, borderline or inconclusive result means it's not possible to give a result from the test taken this time. This can be for several different reasons.

If this happens, you may be advised to ask for another coronavirus test. Do this as soon as possible, as the test is most accurate within a few days of your symptoms starting. If you're not able to have another test, you and anyone you live with must self-isolate at home in line with the UK Government self-isolation guidance.

If, at any time, you or any member of your household becomes more unwell, visit the NHS Direct Wales website or call NHS 111. If it is a medical emergency, call 999.

## **Financial help if you need to self-isolate**

If are experiencing financial hardship because you have to self-isolate and can't work, there are a number of schemes that might be able to provide support:

- **Universal Credit** is a payment to help with your living costs. To be eligible you must be on a low income; out of work; self-employed; ill or self-isolating. You can check if you're eligible for Universal Credit on [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

## Financial help if you need to self-isolate (*cont.*)

- **Statutory Sick Pay** - People who are in employment and are unable to work because of coronavirus, and are eligible, can receive Statutory Sick Pay (SSP) from day one of their illness. You can find information about SSP, including eligibility and how to claim on [www.gov.uk/statutory-sick-pay](http://www.gov.uk/statutory-sick-pay).  
Social care staff working in Wales will receive enhanced sick pay entitlements to support them financially during the Covid-19 (Coronavirus) pandemic, effective from 1st November 2020.
- **Working Tax Credit** – if you are receiving this benefit your entitlement can continue for the first 28 weeks of sickness whilst you are employed, unless you make a claim for Universal Credit.
- **People that are ill or self-isolating** may be able to apply for Employment Support Allowance (ESA). For more information go to: [www.gov.uk/employment-support-allowance](http://www.gov.uk/employment-support-allowance)
- **Coronavirus Self-employment Income Support Scheme** - if you are self-employed or a member of a partnership and have lost income due to the coronavirus pandemic, you may be able to apply for a grant. For more information go to: <https://gov.wales/coronavirus-self-employment-income-support-scheme>

- **Self-Isolation payments** – If you have been contacted by NHS Wales Test, Trace, Protect service (TTP) on or after 23 October 2020 and been told to self-isolate, you may be entitled to a payment of £500 (parents and carers on low incomes with children who are self-isolating may also be entitled to a payment). More information:
  - **Neath Port Talbot** -  
[www.npt.gov.uk/isolationpayment](http://www.npt.gov.uk/isolationpayment)  
 (if you are not online ring 01639 686838)
  - **Swansea** -  
[www.swansea.gov.uk/isolationpayment](http://www.swansea.gov.uk/isolationpayment)  
 (if you are not online ring 01792 635353)

## Financial or debt advice - services offering free impartial money and debt advice:

- **Citizens Advice** provides free, confidential, independent advice on lots of problems. This includes benefits, debt, money or legal issues. Go to [www.citizensadvice.org.uk/wales/](http://www.citizensadvice.org.uk/wales/) or call Advicelink: 03444 77 20 20; Textphone: 18001 0800 144 8884
- **The Money Advice Service** provides free and impartial advice to help you plan and manage your finances. Go to [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) or call 0800 138 7777; Typetalk 18001 0800 915 4622
- **Dewis Cymru** helps you find money and debt advice services where you live. For more information go to [www.dewis.wales](http://www.dewis.wales)

**The Welfare Rights team** at your local council deals with all aspects of helping people claim the benefits they are entitled to. Neath Port Talbot residents can email [welfarerights@npt.gov.uk](mailto:welfarerights@npt.gov.uk) or call 01639 685225. Swansea residents can email [Anti.Poverty@swansea.gov.uk](mailto:Anti.Poverty@swansea.gov.uk) or call 07811 310317.

**NPT Safe and Well** - If you live in Neath Port Talbot, are unable to leave your home and don't have any friends or family who can support you, NPT Safe and Well can help to connect you with a local volunteer, community group or local service to access support with food shopping, collecting prescription medication, running daily errands or arranging for someone to check you are okay.

Find out more at [www.npt.gov.uk/safeandwell](http://www.npt.gov.uk/safeandwell) or call 01639 686868.

**Support in Swansea** - If you live in Swansea and do not have carers, family, friends or neighbours to support you, you can find information at: [www.swansea.gov.uk/coronavirushelp](http://www.swansea.gov.uk/coronavirushelp)

Swansea Council for Voluntary Service can also assist and details can be found at: [www.scvs.org.uk/coronavirus-inds](http://www.scvs.org.uk/coronavirus-inds)