



HM Government



Test and Trace

# **Coronavirus NHS Test and Trace Self-isolate when alerted**

**If you're told you have been  
exposed to an infected person  
you must self-isolate for 14 days.**

**Play your part.**

**Protect your friends and family.**

**Find out more at**

**[nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119**

**Stay alert. Control the virus. Save lives.**

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**