Coronavirus Advice

Dudley Council is working closely with Public Health England to stop the spread of coronavirus, but we need you to play your part, protect our borough and help us avoid a local lockdown. We are updating these webpages regularly with the latest national advice and guidance and key local information.

Play your part, protect Dudley borough

Anyone who has symptoms of coronavirus (COVID-19) can get a free test.

Coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

If you develop symptoms - you need to do two things:

1. You and anyone in your household must immediately self-isolate until you receive the results of your test.
2. You need to order a test immediately. You can do this online at nhs.uk/coronavirus or call 119 if you don't have access to the internet.

NHS Test and Trace service will contact you with your results. If your test is **positive** you must continue to self-isolate for 10 days from when your symptoms started. Anyone in your household must continue to self-isolate for a total of 14 days. Government information on self-isolation.

If your test is **negative** you and everyone in your household no longer needs to self-isolate. However, if you do still feel unwell you should remain at home until you feel better.

If you test positive you will need to tell the NHS Test and Trace service who you have been in close and recent contact with around the time you noticed symptoms.

Doing this can stop the spread of infection and save lives. Rest assured that when the service contacts people to advise them to self-isolate, they do not tell them your identity. Together we can control the spread of the virus and protect people and livelihoods.

If you don't have symptoms – do not get a test

You should only get a test if you have coronavirus symptoms or have been asked to get tested by a doctor or a public health professional or by your local council.

You **do not** need to get a test if you have returned from abroad or are about to travel, you are returning to the workplace, you have been in contact with a confirmed case or if another member of your household has symptoms. You need to self-isolate if you have been in contact with a confirmed case but you should only get a test if you have symptoms.

More information on self-isolation.

Staying alert remains critical. Coronavirus hasn't gone away:

- Regular hand washing is still vital
- Keep a safe distance from others (2 metres where possible)
- Continue to limit your contact with other people
- Wear face coverings over your nose and mouth to protect yourself and others
- Remember **HANDS, FACE, SPACE**
- More advice on what you can do to reduce transmission of the virus