NHS
Humber Teaching
NHS Foundation Trust

WHAT MAKES ME A CONTACT?

The NHS Test Track and Trace programme is a central part of the government's coronavirus recovery strategy. Anyone with symptoms will be tested and their close contacts will be traced. If you have been in close contact with someone who tests positive you must isolate for 14 days even if you have no symptoms.

CONTACT



Face-to-face contact with someone who is **LESS THAN TWO METRES** away from you for more than 15 minutes wearing a mask only

NO CONTACT



Staggering of breaks with no sharing of any communal condiments and remaining **MORE THAN TWO METRES** apart

CONTACT



Face-to-face contact with a person **WHO TALKS/SPITS/COUGHS** into your face whilst wearing a mask only

NO CONTACT



Face-to-face contact with someone who was **TWO METRES OR MORE** away wearing a mask

CONTACT



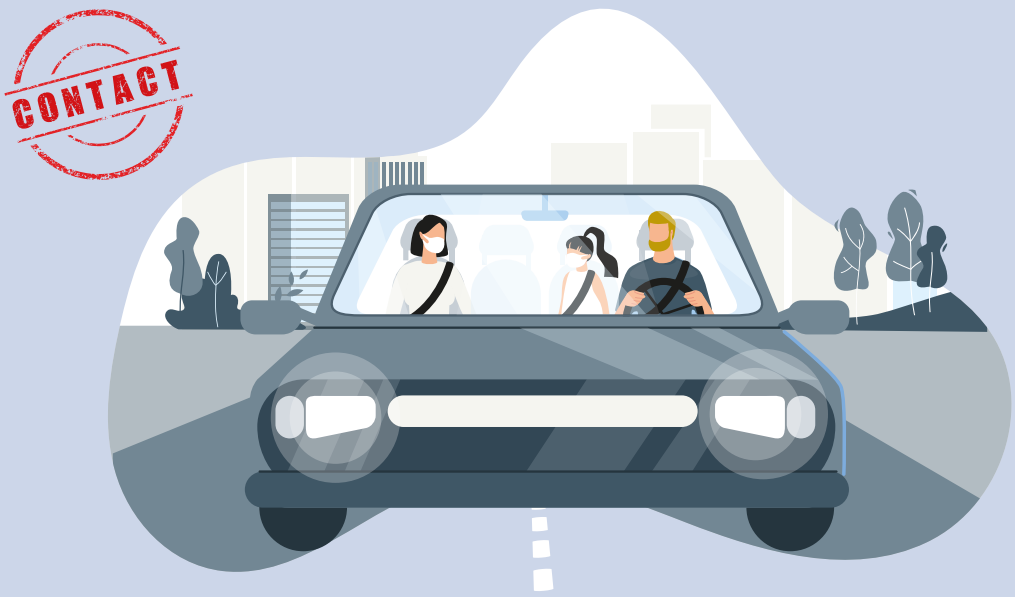
Face-to-face contact with someone who is **LESS THAN ONE METRE** away from you for more than a minute whilst wearing a mask only

NO CONTACT



Face-to-face contact wearing **FULL PPE FOR ANY PERIOD OF TIME** and at any distance

CONTACT



Travelling in a small vehicle with someone **WITHOUT FULL PPE**

NHS
Humber Teaching
NHS Foundation Trust

WHAT MAKES ME A CONTACT?

The NHS Test Track and Trace programme is a central part of the government's coronavirus recovery strategy.

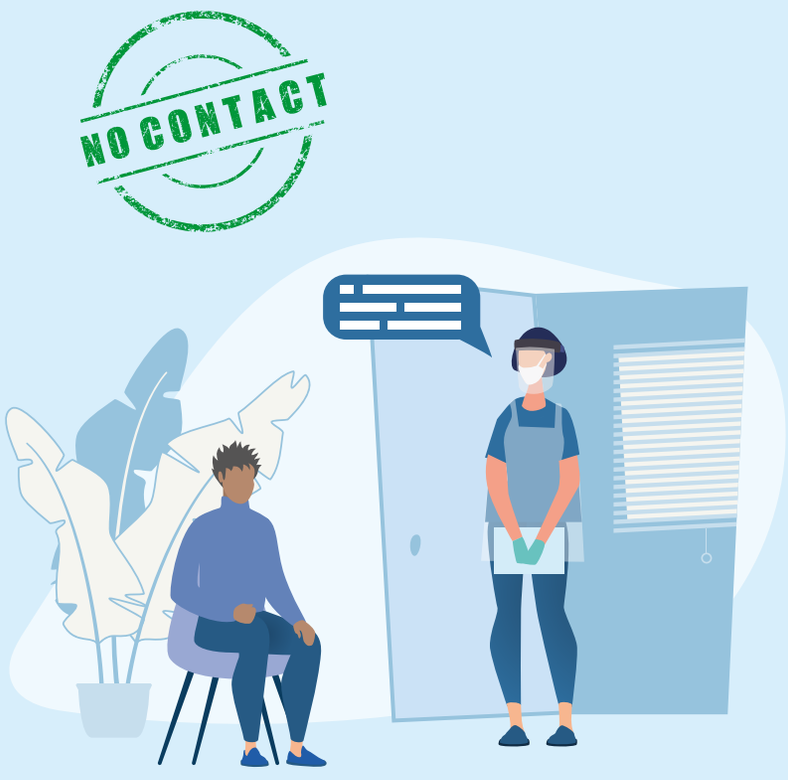
Anyone with symptoms will be tested and their close contacts will be traced. If you have been in close contact with someone who tests positive you must isolate for 14 days even if you have no symptoms.



Staggering of breaks with no sharing of any communal condiments and remaining **MORE THAN TWO METRES** apart



Face-to-face contact with someone who was **TWO METRES OR MORE** away wearing a mask



Face-to-face contact wearing **FULL PPE FOR ANY PERIOD OF TIME** and at any distance

CONTACT



Face-to-face contact with someone who is **LESS THAN TWO METRES** away from you for more than 15 minutes wearing a mask only

CONTACT



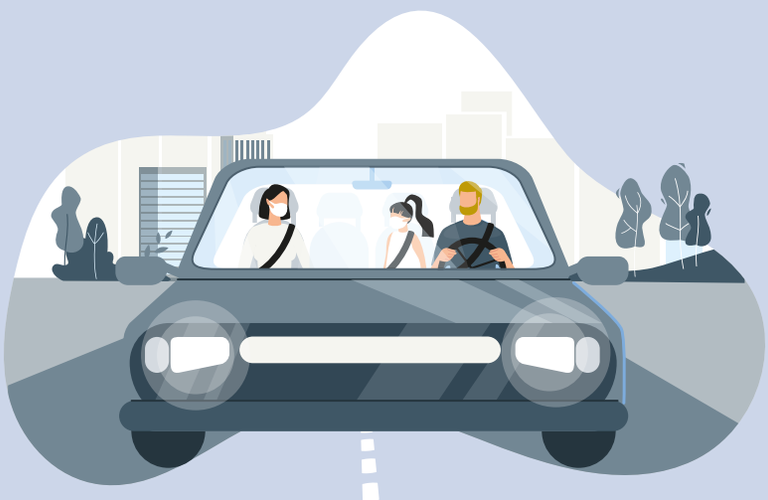
Face-to-face contact with a person **WHO TALKS/SPITS/COUGHS** into your face whilst wearing a mask only

CONTACT



Face-to-face contact with someone who is **LESS THAN ONE METRE** away from you for more than a minute whilst wearing a mask only

CONTACT



Travelling in a small vehicle with someone **WITHOUT FULL PPE**