

## Tracing Form Explainer'

If you test positive for coronavirus, you can help us stop its spread. We do this through contact tracing.

It is important to act as quickly as possible. You'll be invited to share your close contacts and places you have been using an online contact tracing form that you should complete as soon as you can.

You will receive a text or an email from test & protect which will ask you to view your result and share your contacts using a link and a code.

The link and code sent to you are completely unique – and all of the personal information you supply is securely held under the data protection law.

You will be asked for some details about yourself and when you first experienced symptoms; from this it tells you when you were likely to have been infectious.

You'll then be asked to think back to places you were during that time and people you were 2 metres or closer to for at least 15 minutes or you were within 1 metre of for any amount of time.

Completing this information will mean you spend less time on the phone to the contact tracer.

Your help means we can contact people quickly and stop coronavirus spreading.

NHS Scotland Test & Protect and contact tracing play a vital role in helping Scotland keep coronavirus under control.

So, help protect Scotland; complete the contact tracing form if you are asked to. However, if you're not comfortable doing so or unable to complete this online form, we can gather this information when a test & protect contact tracer calls you.

If you are isolating, don't have support nearby or need financial support, call the freephone national assistance helpline on 0800 111 4000.

Thank you.