



**KEEP
TOWER
HAMLETS
SAFE**

MAYOR OF
TOWER HAMLETS



TOWER HAMLETS

NHS

Test and Trace

COVID-19 TESTING

Covid-19 is still among us and infectious, which is why continued testing for the virus is vitally important.

There is enough testing capacity to meet local demand and testing options are available for both people with symptoms and people without symptoms.



If you have symptoms



a high temperature



a new or continuous cough



a change or loss to your normal sense of taste or smell

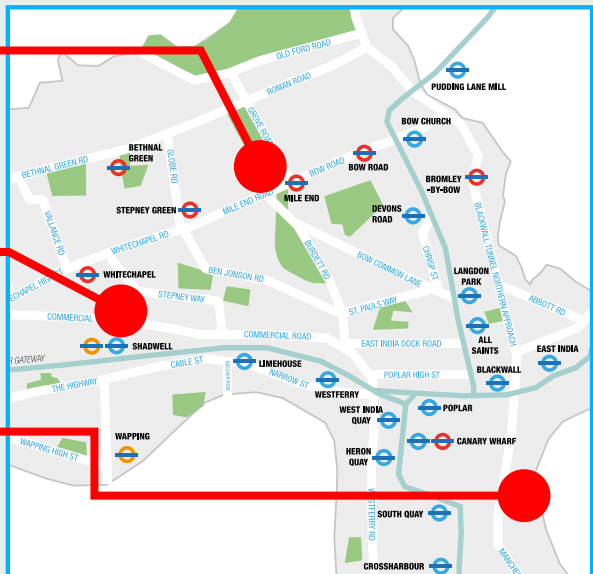
Anyone with symptoms of Covid-19 should book a test online (www.nhs.uk/coronavirus) or call **119**.

Tower Hamlets residents will be offered an appointment at the closest testing site to them. In Tower Hamlets there are local testing sites in Shadwell, Mile End and Isle of Dogs. All these test centres are available through the national booking system. Tests for people with symptoms are known as PCR tests. These test sites in the borough are shown below:

Mile End
Arts Pavilion,
Clinton Road,
London E3 4QY

Watney Market
Idea Store, Shadwell
E1 2FB

Jack Dash House,
2 Lawn House Close,
Isle of Dogs, London
E14 9YQ



All these are bookable through www.nhs.uk/coronavirus or by calling **119**.

If you have no symptoms

One in three people who test positive for coronavirus show no symptoms at all. Rapid Covid-19 tests are now available to people who don't have symptoms of Covid-19 but would still like to get tested. The tests are quick and convenient and provide results in under 30 minutes.

These rapid tests are known as lateral flow tests.

If you are:

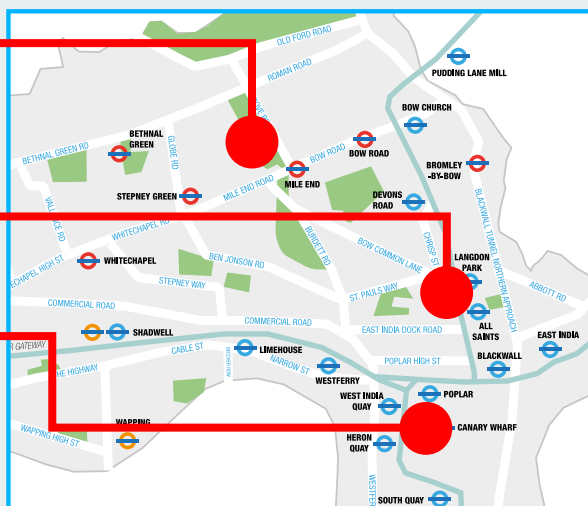
- a key worker (e.g. carers, tradespeople and essential retail)
- can't work from home
- or if others in your household still go out for work

You should take up the offer of free and regular rapid Covid-19 tests, even if you have no symptoms. Quick and regular testing can help protect you and those you live with. We recommend rapid testing twice weekly, with a minimum of three days between each rapid test. Rapid test sites in the borough are shown below:

Ecology Pavilion,
Mile End Park,
E3 5TW

96 Burcham Street,
Poplar, E14 0SH

Canary Wharf
– level -2,
Jubilee Place,
Canary Wharf,
E14 5NY



All are walk-in sites and appointments can be booked online
www.towerhamlets.gov.uk/rapidtesting

What to do if you test positive

Anyone now testing positive through a symptomatic test (PCR test) or asymptomatic, rapid test (lateral flow test) must self-isolate for 10 days, from the date of the positive test.



Household contacts (anyone you live with) or anyone in your support bubble must also self-isolate for 10 days, even if they do not have symptoms or feel unwell.

You will also be contacted by NHS Test and Trace who will help you identify who you have been in close contact with and will ask you for their contact details. This is so that contacts can be informed and advised to self-isolate to contain further spread of Covid-19.

Support is available

Help is available from the council for anyone who needs to isolate because of Covid-19. If you need help while isolating, or are vulnerable, please contact us.



Call **020 7364 3030** or fill in an online form and a member of the team will contact you
– www.towerhamlets.gov.uk/selfisolation

Our helpline can support residents with:

- food or medication needs while isolating
- applying for the Covid-19 government support payment
- advice on finances or debt
- mental health and wellbeing, including those experiencing social isolation