

Scottish autism

WHERE AUTISTIC PEOPLE
ARE VALUED

Stage 2: Trace

If your test has come back to say you have Covid-19 you will be put in touch with your local contact tracing team. A contact tracer from this team will want to know who you have been in close contact with.

The aim of contact tracing teams is to help stop the spread of Covid-19.

What can I expect from my local contact tracing team?

The contact tracer will contact you by phone or text message, there will not be any need to log into a website.

The contact tracer will ask you who you live with and who you have been physically close to recently and where you have been. The people you have been close to might be people like family, friends or work colleagues.

The contact tracing team will decide which of these people might be infected. You do not need to worry about this, this is a job for the contact tracing team.

The contact tracing team will then contact the people who might be infected and tell them to self-isolate for 14 days. They will keep your details private and these people will not know it is you who is infected with Covid-19.

What if I am contacted by a contact tracing team and have not been tested for Covid-19 or not been recently tested?

The only time you will be contacted by a contact tracing team is because you might be infected. This is because you may have been in close contact with a person who has had a test and been told they have Covid-19.

The contact tracer will not be able to tell you who the infected person is.

How do I know it's definitely someone from the contact tracing team that's made contact with me?

A member of the contact tracing team will always introduce themselves, tell you why they are making contact with you and address you by your name.

The only information they will ask you for is:

1. Who you live with?
2. Who you have been physically close to recently?
3. Where have you been?

They will never ask you:

- To phone a premium rate phone number, these numbers start with 09, 118, 0871, 0872 and 0873.
- To make a purchase, payment or donation
- For your medical history unrelated to Covid-19.
- For your bank details.
- For your social media identities or login details, or those of your contacts.
- For your passwords to online accounts or PIN numbers, or ask you to set up any.
- For control of your computer, smartphone or tablet remotely, or to download anything.
- To visit a website that does not belong to NHS Scotland or the Scottish Government.

If you receive a call, text or other communication that you think might be a scam, hang up or delete the text. [Report fraud and any other financial crime to the Police on 101.](#)

This information has been written as clearly as possible for a wide readership. If you require support with this information then please make contact with our [Autism Advisors.](#)