

# *Your Guide to Lateral Flow Testing*

## What?

Lateral Flow Testing is a form of Covid-19 testing offered to individuals who are displaying no symptoms, and offers a result in 30 minutes. You may have heard it called "rapid testing" due to the short time frame in which you'll receive your results.

## Why?

As you will be aware, all students have been asked to take part in Lateral Flow Testing.

This is due to scientific findings that some individuals may carry Covid-19 but display no symptoms.

To help us keep everyone safe, we are following Government guidance and asking all students and staff to take part in testing. The testing is highly recommended but is not compulsory.

## Where?

The testing will take place in the Sports Hall initially, once you have completed 3 tests in school, you will be asked to carry out testing at home instead. The kits for home testing will be provided free of charge.

## How?

**NHS**  
Test and Trace

### HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

- 1** YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- 2** YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU  
MEDIUM FAST
- 3** BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART
- 4** OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE  
10 SECS
- 5** REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
- 6** GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS
- 7** AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP
- 8** YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES
- 9** YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT

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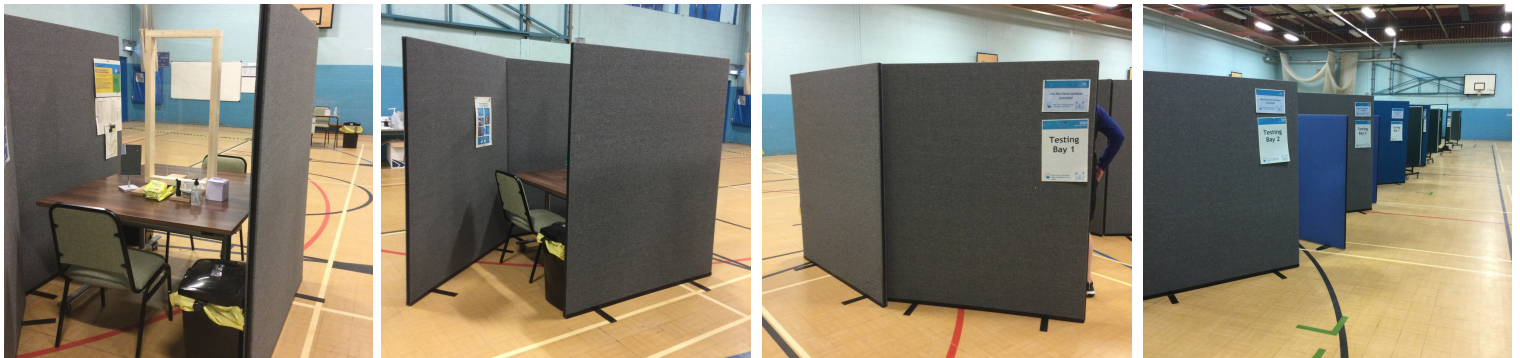
## **What If It's Positive?**

Firstly, don't panic! Your results will be sent to the email address and mobile phone number you provided at registration. If you test positive at school you will be asked to go home to begin 10 days of self isolation, along with anyone you live with or have come into contact with. Once you've completed your isolation period, if nobody else in your house has shown symptoms, you will return to school. If you test positive using the home test kit, you must complete an NHS PCR test, in line with Government regulations, at a testing centre. This can be booked by visiting: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



## **Reasons Not To Worry.**

- The tests are quick and painless, lasting less than 1 minute. You may feel some slight discomfort when performing the test - this is normal!
- The testing bay is private (See images below) so nobody will see you perform your test. The only person in the bay will be one member of staff to support you or answer any questions you may have.



- School is Covid safe. Testing bays will be cleaned in line with Government regulations and maintained at the highest standard of cleanliness.

**Finally.... You're not alone!** Staff are being tested too so have first hand experience.



If you feel nervous or anxious please speak to us.