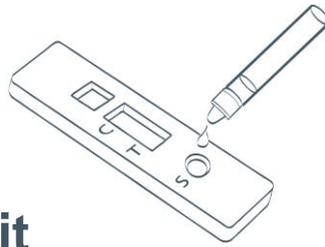


A guide for self-testing for coronavirus using a Lateral Flow Device (LFD)



About this test kit

This test is part of the government's response to the pandemic and its commitment to controlling infection and supporting staff and pupils to be safely in school.

Please follow the instructions in this booklet as this sets out how the test can be self-administered. This has been agreed with experts and the manufacturer has been informed. Other than taking a swab yourself from just inside both nostrils, the process is the same as set out in the manufacturer's instructions. If you still feel unsure about using this device, please ask.

Overview

Here is a quick checklist for how to use the COVID-19 LFD tests. It is really important that you follow these steps in the correct order.

You should test yourself twice a week, every 3 to 4 days, for example, every Monday and Thursday or Wednesday and Sunday.

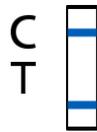
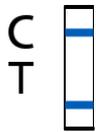
- Prepare your test area and unpack your equipment
- Take your swab sample
- Process your sample and wait 30 minutes
- Read your result
- Report your result
- Safely dispose of test equipment

Remember, store the test kit at room temperature – not in direct sunlight and not in a fridge or freezer. Keep the test kit away from children

Reading

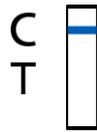
Leave your test for the full development time to get an accurate result. Do not read your results until **30 minutes**.

If the test device is left to develop longer you may receive a false positive result and you will need to repeat the test.



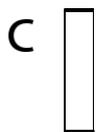
Positive result

Two lines – even faint lines – indicate the test is positive.



Negative result

This indicates the test is negative.



Invalid result

The test has failed and should be retaken.

Reporting your results



If your test result is positive

You must immediately report your positive test results to school on 01373 469008 immediately and you will need to have a confirmatory PCR test.

Until the results of this test are known, you and your household should self-isolate according to HM Government Guidelines.

If your PCR test is positive you **DO NOT** need to self-test using the LFD for 90 days, from the date you became positive.

You must also record your positive test results on the report sheet at the end of this document.

If you have coronavirus (COVID-19) symptoms please refer to NHS guidance online [nhs.uk/conditions/coronavirus-COVID-19](https://www.nhs.uk/conditions/coronavirus-COVID-19) as this test may miss some positive cases.

If your test result is invalid: Repeat the test with a new test kit.

Disposing of your test

Carefully dispose of the test device and equipment in your household rubbish.

Coronavirus guidance and help: If you have coronavirus (COVID-19) symptoms or have contracted coronavirus (COVID-19), please refer to NHS guidance online [nhs.uk/conditions/coronavirus-COVID-19](https://www.nhs.uk/conditions/coronavirus-COVID-19)

If you have symptoms of coronavirus (COVID-19) and your condition gets worse, or you do not get better after 7 days, use the NHS 111 online coronavirus service, 111.nhs.uk. If you do not have internet access, call NHS 111. For a medical emergency dial 999.