Participant guide

NHS SCOTLAND TEST&PROTECT

An Introduction to Rapid Self-Testing for COVID-19

The importance of testing

The ultimate aim of testing is to break the chain of transmission of COVID-19. As many as one in three people with COVID-19 show no signs of having it, that is they are 'asymptomatic'.

Testing helps us to identify and isolate more asymptomatic people who test positive and are therefore, more likely to spread the virus, at the same time as minimising disruption for those who test negative.

The benefits of self-testing

Self-testing for COVID-19 is simple, quick and can be carried out at home without the need to attend a test centre or post samples to a lab for analysis.

How the device works

The self-test kits are lateral flow devices. The device detects the presence or absence of COVID-19 by applying a test sample to the device's absorbent pad. The sample runs along the surface of the pad showing a visual positive or negative result. Results are ready in 30 minutes. Tests come in packs of 7.

What you need to do



Receive or collect the test package

Carry out the test **Watch How To Video**

If you test **positive** , you should book a confirmatory PCR test. This can be done via **https://www.gov.uk/get-coronavirus-test**

We would advise visiting a community or drive through test site as this is the quickest way to get tested, or you can order a home test kit. It is important that you self-isolate until the result of your PCR test.

If you test **negative** , no further action is required until the next test, but remain vigilant to COVID-19 symptoms.

If the test is **void** (invalid) please take another test as soon as possible.

It is very important that you read the comprehensive **Step-by step guide** that comes with the test kit. There is also an additional infographic **How to Do a Rapid COVID-19 Self-Test** for your information. Tests should be conducted twice a week, 3 to 4 days apart, and preferably at the beginning of the day.

To report your result you need the barcode on the test strip (or the ID number under it). You must report your result either online at **www.gov.uk/report-covid19-result** or call **0300 303 2713**. Please also report your results to your employer.

Thank you

On behalf of NHS Test and Protect, thank you for participating in this important work to reduce the risks of coronavirus in your school/ELC setting and local community. Schools and ELC providers in Scotland can raise questions, concerns or report issues by emailing **control@dhsc.gov.uk** or tel: **0207 972 1000** - option 3.