

Covid-19 testing explained (as at 6th April 2021)

Taking a test usually involves taking a sample from your throat and from the nose, using a swab.

There are 2 main types of test to check if you **have** coronavirus now:

- **PCR (polymerase chain reaction)** tests check for the genetic material of the virus in the sample. Your sample is sent for processing at a lab. It is more accurate than the LFD test.
- **LFD (lateral flow-test device)** detects proteins called 'antigens' produced by the virus. The test is available at various centres with a quick result and can be done at home. The process for reporting the result is explained with the test pack.

Tests for people with symptoms

If you have symptoms of COVID-19 you should self-isolate for at least 10 days from when your symptoms started. You should also get a free **PCR** test straight away through NHS Test and Trace .

Once you have received your test result, you should follow the guidance on test results.

Tests for people without symptoms (asymptomatic testing)

You can get a rapid **LFD** test if you're in England and do not have symptoms. They're free and you get a result 30 minutes after taking the test (by phone or text). Test packs are available in your area from pharmacies or walk-through centres. Ring 119 if you don't have internet access. They can send you a pack.

If you are not experiencing symptoms but have tested positive for COVID-19, you should self-isolate for at least 10 days starting from the day the test was taken. If you develop symptoms during the isolation period, you should restart the 10-day isolation period from the day you develop symptoms.

If you take a test when you do not have symptoms and you receive a negative result, it does not guarantee that you do not have the virus. You should continue to follow the guidance on social distancing and staying safe when outside of your home.

Ring me if you want any further information (01623 512607) or (07971487553)

P.Robinson