

Accessing a test for Covid 19

To support our families, we have put the information about coronavirus in one place.

What are the symptoms?

- ✚ • a high temperature
- ✚ • a new, continuous cough
- ✚ • a loss of or change to your sense of smell or taste

What do you do if you have symptoms?

You need to self-isolate for at least 10 days. Other people in your home will need to self-isolate for 14 days.

This means you **MUST NOT** leave your home.

When do you need to get a test and what is the test?

You need to get a test within 5 days of the symptoms starting.

The test usually involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.

You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves. Their parent or guardian will have to swab test them.

How do you get a test?

If you have symptoms of coronavirus and live in England, you can access a test at: <https://www.nhs.uk/ask-for-a-coronavirus-test>

If you are a critical worker or live with a critical worker, you can access priority testing at: <https://www.gov.uk/apply-coronavirus-test-essential-workers>

You can also contact the customer contact centre between 7am and 11pm by phoning 119 (this number is free to call). You can make an appointment for a drive-through centre or apply for a home test kit. There is no cost for the test.

Demand for tests is currently very high. You will need to keep trying until you are successful in being allocated either a home test or an appointment at a testing site.

How do you get the results?

The results will take between 48 and 72 hours. You will receive them via email or text.

What do you do if the result is negative?

If your child normally attends school, then as soon as they feel well they can return to school once you have shared the negative result with us.

What do you do if the result is positive?

If you have symptoms or a positive result, you need to self-isolate for at least 10 days. If you live with someone who has symptoms, you will need to self-isolate for 14 days. If your child has been back at school, then you need to notify school of the positive result.

When can you stop self-isolating?

You can stop self-isolating after 10 days if either:

- ✚ your symptoms have gone
- ✚ you just have a cough or changes to your sense of smell or taste – these symptoms can last for weeks after the infection has gone

Keep self-isolating if you still have any of these symptoms after 10 days:

- ✚ a high temperature or feeling hot and shivery
- ✚ a runny nose or sneezing
- ✚ feeling or being sick
- ✚ diarrhoea
- ✚ loss of appetite

Only stop self-isolating when these symptoms have gone.

Remember that people you live with need to self-isolate for 14 days after you developed symptoms. They can only stop self-isolating if they do not get any symptoms.

If you have any questions or concerns regarding coronavirus, visit <https://www.nhs.uk/conditions/coronavirus-covid-19/>

What do you do if your symptoms get worse?

Contact 111 for support or visit <https://111.nhs.uk/covid-19/>

If you think there is something seriously wrong, then phone 999.

What can you do to prevent catching coronavirus?

- ✚ Regularly wash your hands with soap and warm water for at least 20 seconds.
- ✚ Stay at least 2 metres away from people you do not live with.
- ✚ Cover your mouth when you cough or sneeze with a tissue or your sleeve and dispose of the tissue immediately in a bin. Then wash your hands afterwards.
- ✚ Wash your hands as soon as you get home.
- ✚ Try to avoid touching your mouth, eyes or nose with your hands.