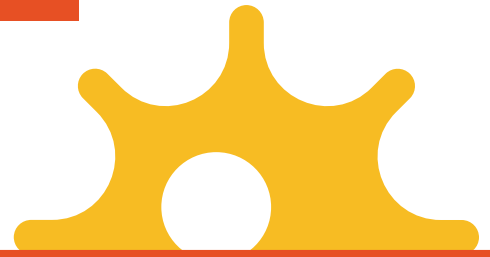


Rapid COVID-19 testing - a guide for parents



General Information

About 1 in 3 people who have COVID-19 do not have symptoms, so do not know they have it. This means they can infect others unknowingly.

Rapid Lateral Flow Device (LFT) testing is a fast and simple way to test people who **do not** have symptoms of COVID-19 but may still have the virus. Rapid lateral flow tests **should not** be used by anyone who has COVID-19 symptoms.

If your child is isolating as a close contact of someone who has COVID-19, they should not take an LFT during the isolation period. If your child displays any symptoms of COVID-19 they should get a Polymerase Chain Reaction (PCR) test.

Primary school-age children and younger do not need to test with LFT. If they have COVID-19 symptoms a PCR test should be booked for them.

You and your household should report the result every time you use a rapid lateral flow test kit, even if the result is negative. Report your result by visiting www.gov.uk/report-covid19-result or by calling **119**.



The Lateral Flow Test is negative, what do I do next?

For those who return a negative COVID-19 lateral flow test result, they do not need to self-isolate unless:

- They are symptomatic (they'll need to book a PCR test)
- Someone they live with tests positive/has symptoms
- They've been traced as a contact of someone who tested positive/has symptoms



The LFT test result is positive, what do I do next?

If a member of your household tests positive using a LFT, your household should start self-isolation immediately for 10 days. You should also book a confirmatory PCR test immediately and an appointment should be within two days.

A home PCR test can be booked online at www.gov.uk/get-coronavirus-test or by calling 119. Further details on how to book a PCR test at one of our test sites at the Dairy Car Park or Billingham Forum Car Park can be found at www.stockton.gov.uk/testing.



The PCR test result is negative, what do I do next?

If the PCR test is negative, your household can end self-isolation.



What does self-isolation mean?

- You must stay in your home and garden.
- You can not leave your property unless it is to attend your PCR test appointment.
- You can not have visitors inside your home or garden.



Can I get a Home Test Kit?

Anyone in England who does not have symptoms can now get regular rapid lateral flow tests to check for COVID-19. These can be ordered online from www.gov.uk/order-coronavirus-rapid-lateral-flow-tests. You can alternatively pick up a home test kit from community collect sites or any rapid lateral flow test site: www.stockton.gov.uk/coronavirus/testing.



What should I do if I develop symptoms, and they get worse?

If you develop symptoms of COVID-19, and they get worse use the **111** online Coronavirus service at www.111.nhs.uk/covid-19 or **call 111**. If you can't get through to 111, call your GP Practice who can refer you to a specialist COVID clinic in Stockton-on-Tees.

What support is available?



COVID Community Support Team

If you need to isolate as a result of a positive test, The COVID Community Support Team can support you with food deliveries, shopping, picking up prescriptions or making sure people who are self-isolating and may be worried or lonely get the support they need. The team can be contacted on **01642 733906**, between 9am and 12noon, Monday to Friday or email covidcommunitysupport@catalyststockton.org.



Financial Support

There is a lot of support available if you are struggling financially as a result of the COVID-19 pandemic including Council Tax support and Test and Trace Support payments. To apply for a Test and Trace Support payment **visit www.stockton.gov.uk/TTsupport**. Further information on the support available can be found at www.stockton.gov.uk/coronavirus



COVID-19 Public Health Advice

If you are unsure if you need to isolate or concerned about an outbreak of COVID-19 get in touch with Public Health on **01642 528474**.



To help reduce the spread of COVID-19
always remember:



Wash your hands
regularly with soap
and water



Wear a face
covering



Keep two metres
apart from people
you don't live with
or aren't in your
support bubble



Let fresh air in to
indoor spaces

For further information and advice visit www.stockton.gov.uk/coronavirus

• **Protect yourself** • **Protect your loved ones** •
• **Protect Stockton-on-Tees** •