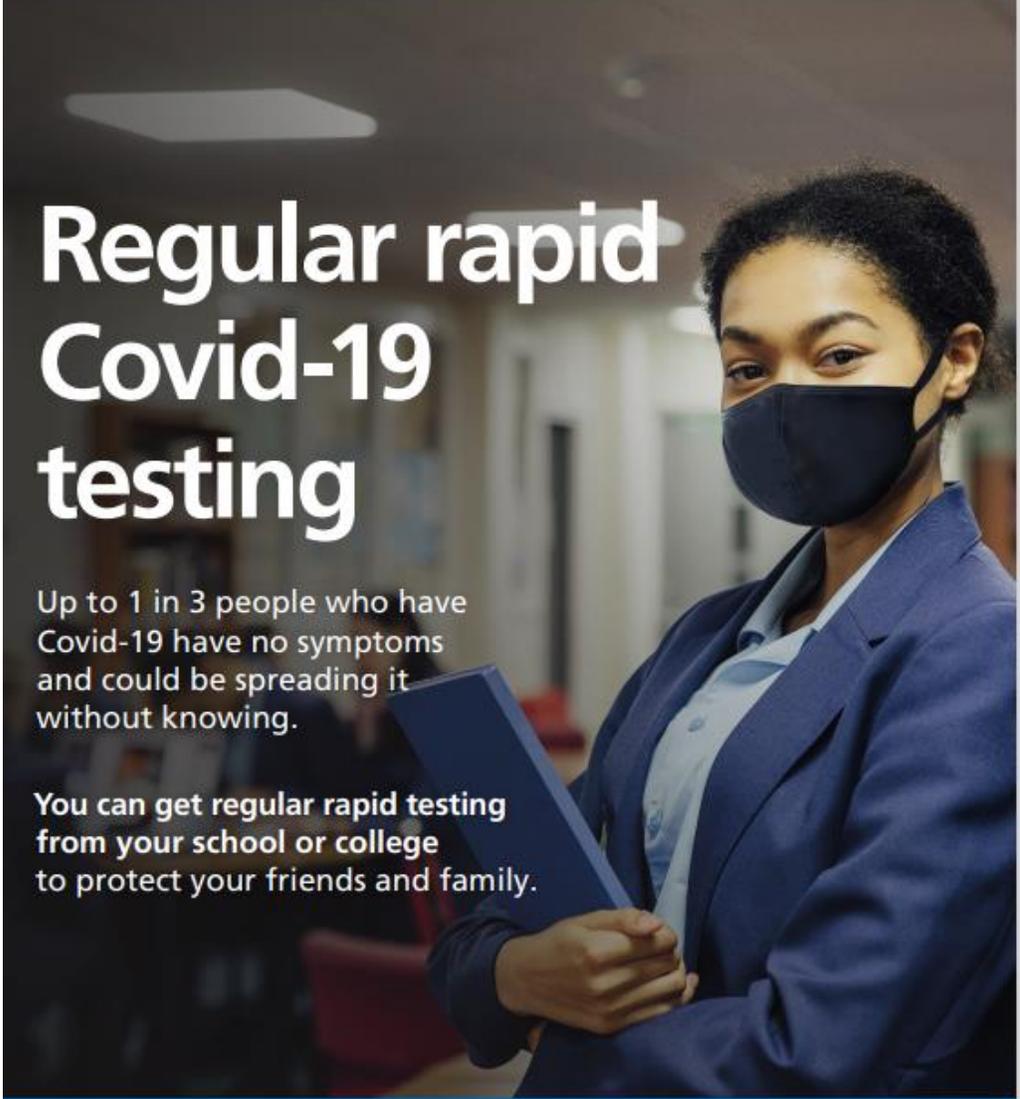# Self-Testing for Covid-19

Using the Home Testing Kits

Why?

Testing is important because you could be carrying the virus and may spread it to others. Testing staff and pupils of secondary age and above without symptoms will support schools to continue to operate.

Regular rapid Covid-19 testing

Up to 1 in 3 people who have Covid-19 have no symptoms and could be spreading it without knowing.

You can get regular rapid testing from your school or college to protect your friends and family.

Get your test at school or college

Simple and quick tests using antigen Lateral Flow Devices (LFD) enable the rapid testing of staff and secondary age pupils and students, from their home, without the need for a laboratory.

Schools will be provided with these test kits to distribute to their staff and students so that they can conduct testing at home.

You must take this home and show it to your parents/carers.

Home Testing Kits

These are available for students who have:

1. Consented to be tested in school
2. Are expected to have had their 3rd test by the end of this week (Fri 19 March)

Form tutors will hand these out today and keep a record (please return sheet and uncollected kits as per instructions on the sheet)

The tests taken in school:

- Have allowed us to identify those who may be carrying the virus as the school opened to all students
- Has given everyone the opportunity to take a swab under the supervision and direction of a test assistant

FAQs

Question

Can I start home testing if I consent now (having not done so earlier)?

Answer

Yes, but you would need to consent to 3 tests to be completed in school first. This is to ensure that everyone testing at home has been shown how to swab correctly before they do this at home. This is government guidance, not school.

Question

When should I do my twice weekly tests?

Answer

As long as you take a test 3-5 days after your last one the days are not crucial. A suggested routine is to take one test on a Sunday and the other each Wednesday. You need to leave the device for 30 mins before you can read your result so you must take this into account if you want to do the tests in the morning before school.

Question

When will I have my 3rd test?

Answer

If you haven't had this already, slips will be handed out during form period with an appointment time. If you have missed any of these slips may still be issued into next week.

Question

How long will we need to keep testing at home?

Answer

We don't have a date (as yet) when this process will stop. For now we are all expected to test twice weekly. If the guidance changes we will let you and your parents/carers know asap.

Question

If I have just tested negative for Covid-19, do I still need to wear a mask?

Answer

Yes, unless you are exempt from wearing one. A negative test indicates that you are less likely to be carrying the virus at the time the test was taken. We should not change our behaviours (masks, hand washing, ventilation) because we have had a negative Covid test.

Question

How do we do a home test and upload the results to school and NHS Track and Trace?

Answer

All of the instructions are included with the test kits. We will also share this with parents/carers and include the links for uploading your results (negative and positive) on the school website. You will also be shown a video which runs through the process.

Question

What do I do if I have a positive result?

Answer

Again, the instructions include what to do with a positive result. In this case when you upload your result you will be informed to self-isolate. You may also be instructed to have your result confirmed by booking a test to be taken in a local test centre.

[How to do a COVID-19 Self Test (rapid antigen test) - YouTube](#)

Thank you everyone for doing your bit to keep us all safe.