

Guide to Lateral Flow Testing at Home

About 1 in 3 people with coronavirus do not have symptoms but can still pass it on to others. Regular testing of people without symptoms is important to help stop the virus spreading and protect your loved ones. As lockdown restrictions gradually ease we all need to play our part to help protect each other.

Members of households, childcare or support bubbles of school staff and pupils

From 1 March 2021, if you're a member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test:

- through your employer if they offer testing to employees
 - at a local test site
 - by collecting a home test kit from a test site
 - by ordering a home test kit online
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- **Get a test through your employer:** Your workplace may offer rapid lateral flow testing to you. Contact your employer to find out more.
 - **Take a test at a rapid lateral flow test site** - You can take a rapid lateral flow test at a local site. Testing at these sites is assisted, which means you will swab yourself under the supervision of a trained operator. You may need to book an appointment. [Find your nearest rapid lateral flow test site by going to: https://maps.test-and-trace.nhs.uk/](https://maps.test-and-trace.nhs.uk/)
 - **Collect test kits** - You can collect 2 packs of home test kits at a local collection point. Each pack contains 7 tests. Anyone 18 or over can collect. You can check online if the location is busy before you go. [Find your nearest home test kit collection point by going to: https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/](https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/)
 - **Order home test kits online:** If you cannot get tested at your workplace, or are unable to go to a test site or collect test kits, you can order a home test kit online. [Order rapid lateral flow home test kits by going to: https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

What twice-weekly testing involves

You will be asked to:

- take a test twice a week (every 3 or 4 days apart)
- report every result to NHS Test and Trace on the same day you take the test

Report your test result online by going to <https://www.gov.uk/report-covid19-result> or by calling 119.

If anyone tests positive or gets coronavirus symptoms, they should tell the school and:

- self-isolate immediately
- get a PCR test to confirm the result
 - follow the [stay at home guidance for households with possible coronavirus infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

A negative result means the test did not find signs of coronavirus. But this does not guarantee you do not have coronavirus, so you should keep following all [coronavirus advice](#) including:

- regular handwashing
- social distancing
- wearing a face covering where recommended