LFD/ LFT Testing

Why lateral flow tests are being offered?

Around 1 in 3 people with COVID-19 do not have symptoms, so a test that rapidly detects these otherwise hidden cases is a very useful additional tool for tackling the virus.

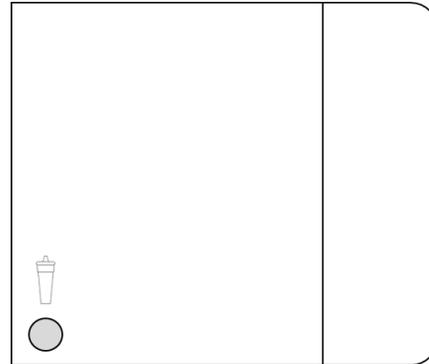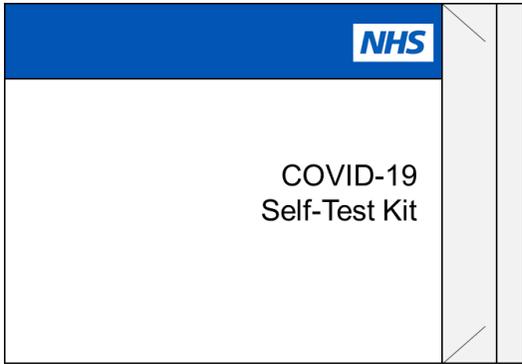## How often should I take a lateral flow test?

You should do a rapid test twice a week (every 3 to 4 days) to check if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

Even if you're vaccinated, there's still a chance you can pass COVID-19 on, so you should keep getting tested regularly.

How accurate are lateral flow tests?

Research shows rapid tests are 99.9% accurate. This means the chance of getting a false-positive result (where the result shows as positive but is actually negative) is extremely low.

How do I take a lateral flow test?

Taking a lateral flow test involves rubbing a long cotton bud (swab) over your tonsils (or where they would have been) and inside your nose, or inside your nose only (both nostrils).

The swab is dipped into an extraction solution. This is then dripped on to the device's test stip, producing the reaction that gives the result.

The tests give a quick result, as the sample does not need to be sent to a lab

How to get regular rapid tests

You can get rapid lateral flow test kits sent to your home. Order rapid lateral flow home test kits on GOV.UK

You can get up to 2 packs of 7 rapid tests from a local pharmacy.

If you give the pharmacy a 'collect code' when you pick up the tests, it helps the NHS match your details to the tests. Find out about collect codes and how to get a collect code on GOV.UK

How do I report a test result?

Report your result (positive, negative or void) every time you do a COVID-19 rapid lateral flow test at home or at work.

Useful links

Order testing kits
www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Pharmacy collect codes
https://test-for-coronavirus.service.gov.uk/collect-lateral-flow-kits

Reporting results
www.nhs.uk/conditions/coronavirus-covid-19/testing/test-results/report-a-rapid-lateral-flow-test-result/

Gateshead Covid Community Champion LFT/ LFD testing video
https://youtu.be/bp6YSH3wb5A

If you test positive, you must self-isolate

More information:
www.gateshead.gov.uk/communitychampions

One You Gateshead:
www.facebook.com/OneYouGateshead
www.twitter.com/OneYouGateshead

Gateshead Council
www.gateshead.gov.uk/Coronavirus

Beat Covid North East:
www.beatcovidne.co.uk

NHS
www.nhs.uk/

GOV UK
www.gov.uk/coronavirus

COVID-19 Self-Test Kit

NHS

Your step-by-step Guide for COVID-19 Self-testing

NHS

What An LFD Testing kit contains:
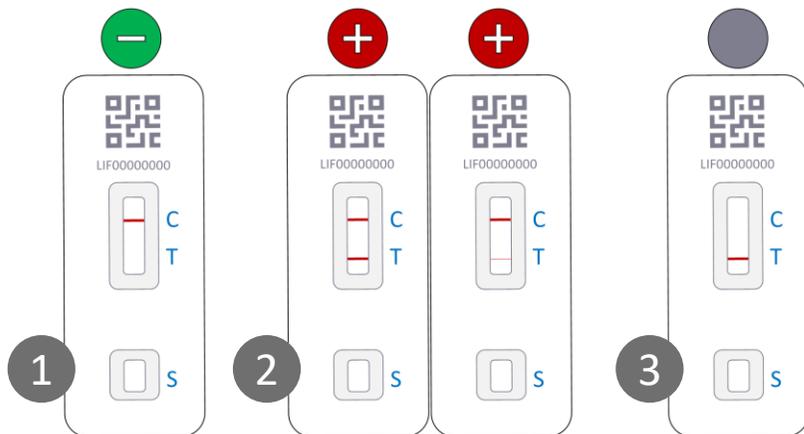
1) An extraction tube holder

2) A test strip sealed in a plastic bag

3) An extraction buffer sachet of liquid

4) An extraction tube

5) A swab inside a sealed wrapper

6) A plastic bag to put the waste and packaging in

Lateral flow test results

1) One line next to the C shows it is a negative result
2) Two lines - A line next to the C and another line next to the T shows a positive test result
3) No lines or one line only next to the T means the test is void

Gateshead COVID Community Champions

Information correct as of 28/06/2021

HANDS   FACE   SPACE   FRESH AIR