

## **Asymptomatic testing information for parents and adults in households with children at school or college**

NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing.

**Test kits can either be collected or ordered online, as set out below.**

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

**Tests are fast, easy and completely free.** There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

**If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.**

Children of primary school age (and below) without symptoms are not being asked to take a test. Testing is voluntary, but strongly recommended to all who are eligible.

Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

### **Guildhall Lower Ground Floor Armada Way**

Guildhall Square  
Plymouth PL1 2BJ  
Plymouth  
PL12BJ

Normal opening times today  
01:30pm - 07:00pm

### **Marjon Sport and Health Centre Car Park**

Plymouth Marjon University  
Derriford Road  
Plymouth  
PL68BH

Normal opening times today  
01:30pm - 07:00pm

## What is a Lateral Flow Test?

NHS Test and Trace is making rapid lateral flow antigen testing available alongside standard lab-based [polymerase chain reaction \(PCR\) tests](#). These tests play a different, but crucial role in the fight against COVID-19.

### Lateral flow antigen testing

Lateral flow device (LFD) testing is a fast and simple way to test people who do not have symptoms of COVID-19, but who may still be spreading the virus. In some circumstances lateral flow tests can also be used for other diagnostic tasks.

The tests are easy to use and give results in 30 minutes. Those who test positive must immediately self-isolate to avoid passing the virus on to others.

### 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.**

Lateral flow tests are practical, easy to interpret and can be used in a wide range of settings. This makes them ideal for widespread use in the community.

Clinical evaluation [by Public Health England \(PHE\) and Oxford University](#) shows that the tests perform best when levels of virus are at their highest. [Thousands of positive COVID-19 cases](#) have already been detected using these tests.

Each positive case identified can help prevent many additional people becoming infected over time.

### How lateral flow testing works

Lateral flow is an established technology, adapted to detect proteins (antigens) that are present when a person has COVID-19. The best-known example of a lateral flow test is the home pregnancy test kit.

The test kit is a hand-held device with an absorbent pad at one end and a reading window at the other. Inside the device is a strip of test paper that changes colour in the presence of COVID-19 proteins (antigens).

### Test results

- **Negative result:** one line next to C shows the test is negative.
- **Positive result:** two lines, one next to C and one next to T, even faint lines, shows the test is positive. You or your test provider must report this test result to the NHS.
- **Void:** no lines, or one line next to T, means the test is void. You will need to re-take with a fresh test kit.

**If you get a positive result you must self-isolate immediately, preventing further transmission of the virus.**

A negative result means that active coronavirus infection was not detected, at the time of the test. However, this does not guarantee that you do not have coronavirus. You should continue to follow coronavirus rules, including regular hand washing, social distancing and face coverings where required.

### **How to take the test**

Taking a lateral flow test usually involves taking a sample from the back of the throat near the tonsils and from the nose, using a swab.

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

The result will be visible on the device precisely 30 minutes after the sample is applied. Unlike a PCR test, there is no need to send the sample to a lab.

### **Who can be tested?**

Lateral flow testing is currently being offered to people who do not have symptoms, in a range of different settings.

We conduct the majority of lateral flow testing at asymptomatic test sites, which are deployed in a range of community settings such as universities, schools, care homes and workplaces. Testing at these sites is assisted: you will swab yourself under the supervision of a trained operator who then processes the test and reads the result.