

FAQs – community rapid testing

Who is the testing available for?

People who are unable to work from home, who come into contact with the public, and have no access to other rapid testing – for example taxi drivers, tradespeople, carers, nursery staff, social workers, etc. This includes those who are self-employed.

How do I do the test?

It will take place at Riverside Children's Centre, North Shields. You carry out the test yourself, however a member of trained staff will be on hand to guide you through it. You swab the back of your throat and inside the nose. It is advised that you do not eat or drink 30 minutes before your test.

Once you get to the centre, you will need to register your attendance and test using your own device (phone/ tablet) so please bring this with you. If you don't have a device, we can support you to register your test

All tests are registered on the government's testing website where you can create an account to make recording your tests quicker and easier. The website can be accessed here: <http://gov.uk/enter-lateral-flow-test>.

Is there anything I need to do beforehand?

Please sign up for an NHS account as this can save time at the test centre.

You can do so here: <https://www.nhs.uk/nhs-services/online-services/nhs-log-in/>

How often do I take the test?

This type of testing is most effective when carried out twice a week. People should test themselves twice weekly every three to four days.

Why am I excluded if I have tested positive for COVID-19 in the last 90 days?

There is a risk that the Lateral Flow Device Tests will continue to record positive infection when you are no longer infectious.

How will I get my results?

Your results will be shared with you around an hour after you complete your test by text, email or phone call. You do not need to wait for your results at the centre.

How do I book?

www.bookwhen.com/northynteside

What are the opening times?

Monday to Sunday with varying opening times. Please check the website above for more details.

What do I have to do if I test positive?

Along with anyone you have been in close contact with, including all household members, you will need to self-isolate at home.

What support is available if I test positive and can't work? Or someone in my household can't work?

For details of government support, please visit www.gov.uk/coronavirus/worker-support.

What support is available for my business?

For details, please visit: www.gov.uk/business-coronavirus-support-finder.

How will I be kept safe while I'm at the test centre?

We will have members of staff there to ensure people socially distance and face coverings are worn (unless exempt). Staff will wear appropriate PPE and hand sanitiser will be available.

If I test negative, can I then meet up indoors with someone I don't live with?

No. A negative test shows it's likely you were not infectious when the test was done but you could still go on to develop COVID-19.

Even though your test result is negative you must continue to follow the preventative measures currently recommended for stopping the spread of the virus.

To protect yourself and others, you must continue to follow the guidance around social distancing, wearing a face covering and washing your hands for at least 20 seconds regularly, as well as following the latest government lockdown restrictions.