

Visitors to Care Homes in Northern Ireland

Your step-by-step guide for COVID-19 self-testing using Lateral Flow Devices (LFDs)



Read this whole guide carefully before you start the test.

This guide explains how to test yourself or another person for coronavirus (COVID-19), and report the results to the NHS.

Get more help at www.gov.uk/covid19-self-test-help including demonstration videos and instructions in alternative languages.

How to do a Covid-19 self- test



Scan the QR code above to be taken to an instructional video on how to self-test. Alternatively follow the link for the video:

www.youtube.com/watch?v=S9XR8RZxKNo

About this test

Many people with coronavirus (COVID-19) have mild, or even no symptoms, but can still spread the virus. With regular self-testing we can slow the spread and help protect the most vulnerable in our families and communities.

If you are visiting a resident in a Care Home in Northern Ireland please use the Lateral Flow Tests provided to test yourself twice a week to help protect your friends and family.

This 'COVID-19 self-test kit' is a swab test (nose and throat) to check if you have coronavirus (COVID-19). You can use this self-test kit if you are **asymptomatic** (you do not have symptoms).

If you have symptoms of a high temperature, a new, continuous cough or a loss or change to your sense of taste or smell you and your household must self-isolate and get a PCR test at your local test centre. This test is very accurate and will tell you if you have COVID-19. Instructions on how to get a PCR test are on page 21.

Vaccine rollout

You should continue to test, even if you have been vaccinated, as we do not yet know if the vaccine prevents the COVID-19 virus being passed to others. All visitors still need to follow Care Home guidance on regular handwashing and wearing PPE to protect themselves, the people they care for, and the wider community.

Coronavirus (COVID-19) guidance and help

If you have coronavirus (COVID-19) symptoms or have contracted coronavirus (COVID-19), please do not visit a Care Home.

Individuals with symptoms should isolate immediately and arrange to get a COVID-19 test at a local test centre. More information is provided at the links below.

Regional guidance on staying safe:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-staying-safe-outside-your-home>

What to do if you have COVID-19 symptoms:

<https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public/frequently-asked-questions#if-i-have-symptoms-of-covid-19-what-should-i-do>

What isolating means: <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public/frequently-asked-questions#what-does-self-isolation-mean>

Safe travel guidance <https://www.nidirect.gov.uk/articles/safer-travel-guidance-public-transport-users-walkers-cyclists-driver>

If you do not have internet access, call NHS 111. **For a medical emergency dial 999.**

Do not delay getting help if you are worried. Trust your instincts.

General guidance and warnings for LFD use

- Use a separate test kit for each person. You can only use each item in the test kit once. Do not re-use the items. You'll need to report each person's result.
- If you have problems with your hands or vision, you may need someone to assist you with the swabbing and testing process.
- If you have a nose piercing, swab the other nostril. If pierced on both sides, remove the piercing on one side before swabbing.
- If you've had a nosebleed within the last 24 hours, swab the other nostril or wait 24 hours.
- Do not eat or drink for at least 30 minutes before doing the test to reduce the risk of spoiling the test.
- These kits are only designed for human use.

By carefully following these instructions, you will ensure a reliable result is achieved.



If there is a reason you cannot take a throat swab for example if you have a tracheostomy, instead swab both nostrils.

What you need to do

It's very important you read the instructions and follow the steps in the correct order. **Each test will take about 15 minutes to set up and results will be ready after a further 30 minutes.**

- | | | |
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| 1 | Prepare your test area and check your test kit contents | Page 7 |
| 2 | Set up your test | Page 9 |
| 3 | Take your swab sample | Page 11 |
| 4 | Process the swab sample | Page 12 |
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| | Instructions on how to arrange a PCR test | Page 21 |

Store the test kit at room temperature or in a cool dry place (2°C to 30°C). Do not leave in direct sunlight and do not store in a fridge or freezer.

The kit should be used at room temperature (15°C to 30°C). If the kit has been stored in a cool area (less than 15°C), leave it at normal room temperature for 30 minutes before using.

Keep the test kit away from children.

1. Prepare your test area and check your test kit contents

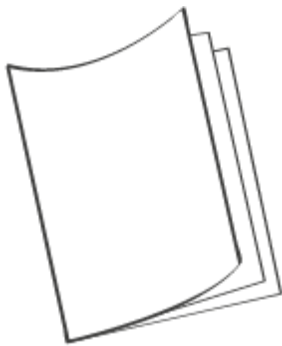


Do not eat or drink for at least 30 minutes before doing the test to reduce the risk of spoiling the test.



You'll need: a watch (or a clock), tissues, a mirror and either hand sanitiser or soap and warm water.

1



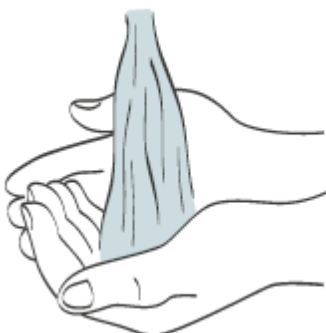
Read this instruction guide carefully. See how to take the swab test by watching an online video at: www.gov.uk/covid19-self-test-help

2



Clear, clean and dry a flat surface immediately before starting the test.

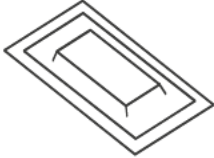
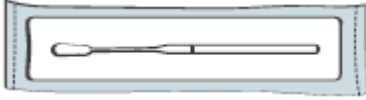
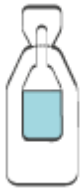

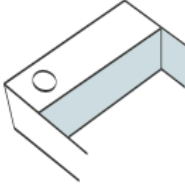

3



Wash your hands thoroughly for 20 seconds, using soap and warm water, or hand sanitiser. This is so that you do not contaminate the test kit. Now dry your hands.

If doing more than one test, clean the surface and wash your hands again between each test.

4 Check the test kit contents. Make sure that nothing is damaged or broken.

	<input type="checkbox"/> Test strip in sealed packaging		<input type="checkbox"/> Swab inside sealed wrapper
	<input type="checkbox"/> Extraction buffer sachet		<input type="checkbox"/> Extraction tube
	<input type="checkbox"/> Extraction tube holder (attached to the box)		<input type="checkbox"/> Plastic waste bag



Do not use the test strip if the sealed packaging is damaged.

Something damaged, broken or missing? If you notice anything damaged, broken, missing or difficult to use in the kit, **do not use it.**

If you wish to provide feedback on this please call the customer contact centre. Lines open every day, 7am to 11pm.

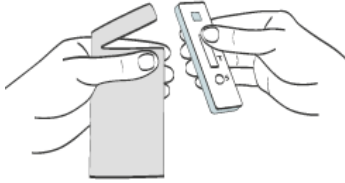
- England, Wales and Northern Ireland: **119** (free from mobiles and landlines)
- Scotland: 0300 303 2713 (charged at your standard network rate)

If you've been harmed or had a reaction using this kit, report it on the Coronavirus Yellow Card Reporting Site:

<https://coronavirusyellowcard.mhra.gov.uk>

2. Set up your test

5



Take the test strip out of the sealed packaging and place it onto the cleaned flat surface. Once opened, start the test within 30 minutes.



Safely throw away the inner desiccant bag and packaging in your household waste.

6



Carefully twist or snap open the sachet.

Open it away from your face and be careful not to spill any of the liquid.

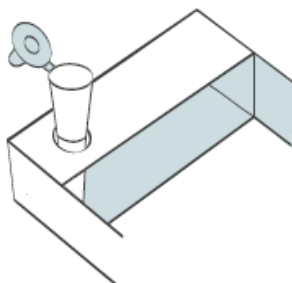
7



Open the extraction tube and gently squeeze all of the liquid from the buffer sachet into the tube. Avoid touching the sachet against the tube.

Place extraction buffer sachet in the plastic waste bag provided.

8



Place the filled tube in the extraction tube holder (attached inside the box) to avoid spilling the liquid.

You can also use a small cup to hold the tube.

9



Gently blow your nose into a tissue and throw the tissue away in a closed bin. This is so that you get rid of excess mucus.

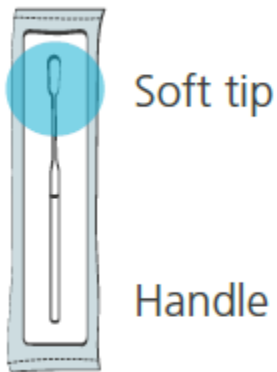
10



Wash your hands thoroughly again for 20 seconds using soap and warm water (or use sanitiser).

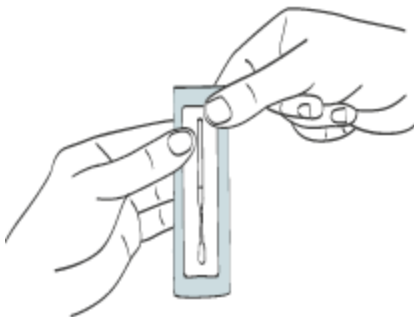
If you're doing this test on another person, you should both wash or sanitise your hands again.

11



Find the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

12



Peel open the swab packaging only when you are ready to use and gently take out the swab. You'll use this for both throat and nose.



Do not use the test strip if the sealed packaging is damaged.

3. Take your swab sample



Do not touch the tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. If it touches anything else, it may spoil your sample.

Never touch the fabric strip with your hands.

Taking the sample may cause gagging and minor discomfort, but it should not hurt.

13



Holding the swab between your fingers open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been). Do this with firm contact 4 times on each side (use a torch or a mirror to help you do this). Carefully remove the swab from the back of your throat.

14



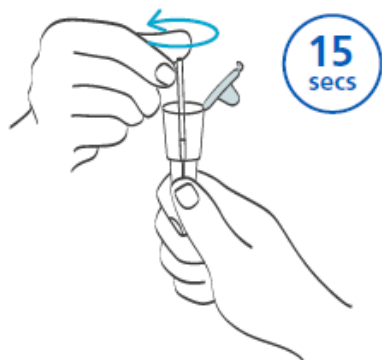
Put the same swab gently into 1 nostril until you feel a slight resistance (about 2.5cm up your nose).

Roll the swab firmly around the inside of the nostril, making 10 complete circles.

This may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain.

4. Process the swab sample

15

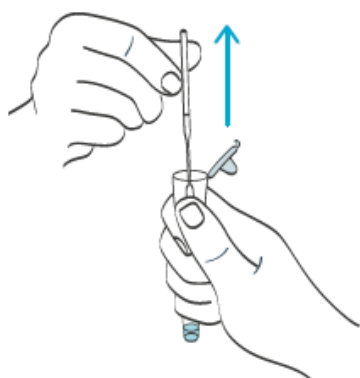


Pick up the extraction tube and place the fabric tip of the swab into the extraction tube so it is in the liquid.

Press the tip against the edge of the extraction tube with force, while rotating it around the extraction tube for 15 seconds.

This is to transfer your sample into the liquid.

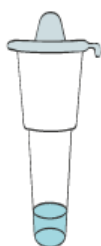
16



Pinch the extraction tube against the swab as you remove it. Make sure you remove all liquid from the soft tip of the swab.

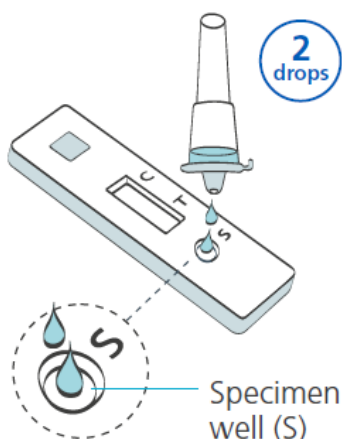
Place the swab in the plastic waste bag provided.

17



Press the cap tightly on to the extraction tube to avoid any leaks.

18



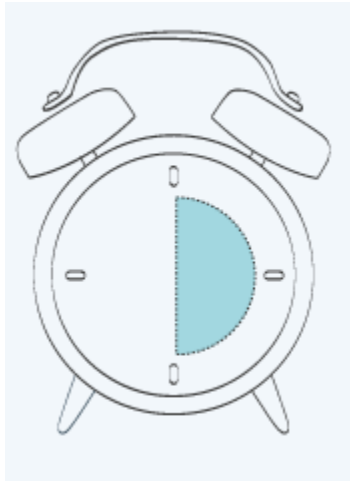
Gently squeeze the extraction tube to place 2 drops of the liquid onto the specimen well (S) on the test strip. Make sure that you are dropping liquid and not an air bubble.

Put the extraction tube in the plastic waste bag along with the swab.
Specimen well (S)



Make sure you place the test strip on a flat and level surface. Do not move the strip during the test.

19



Check the time and set a timer if you have one. Wait 30 minutes before you read your result.

Waiting the full 30-minute development time before you read your result is very important.

A positive result can appear at any time after 20 minutes, however you must wait for the full 30 minutes to record a negative result as the test line (T) may take this long to appear.

Find out how to read and report your result on the next page.

5. Read your result

You will see the control line (C) begin to appear after about 4 minutes. You must wait 30 minutes before your result is ready.

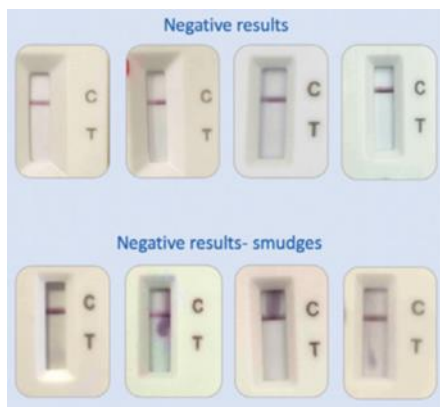


Do not leave the test to develop for longer than 30 minutes as this will make the result void.

NEGATIVE RESULTS



One line next to C shows the test is negative. If there is a coloured smudge, this should be interpreted as a negative result. You must report this negative result to the NHS; see page 17 for guidance.

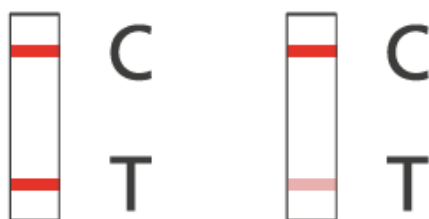


If you get a negative result, it is likely that you were not infectious at the time the test was taken. A negative test result, however, is not a guarantee that you do not have coronavirus.

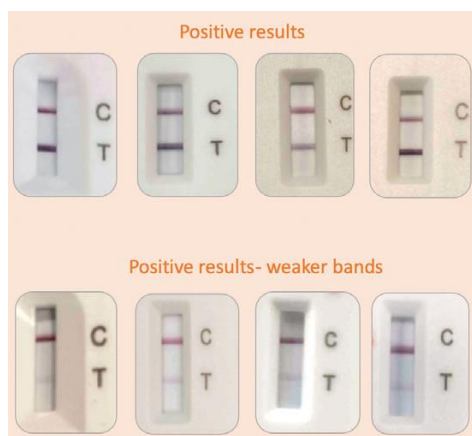
If you test negative, you must continue to follow national and local rules and guidelines including regular handwashing, social distancing and wearing face coverings, where required.

If you test negative, you must continue to wear appropriate PPE, including a face mask, gloves and apron, and continue to follow IPC measures in line with your agency's policy and in line with national policy. IPC measures remain important because the test is neither 100% sensitive nor 100% specific.

POSITIVE RESULTS



Two lines, one next to C and one next to T, even faint lines, shows the test is positive. The positive line may be weak. You should hold the test strip up to the light and examine closely to feel confident of the result.



If you get a positive result, it means you are currently likely infected with coronavirus and risk infecting others. **You must report this test result to the NHS**, please see **page 17** for guidance on how to do this. When you report your result, you will be provided with further information on the next steps to take.

Please note, your results will be identified as a Rapid lateral flow test (Lateral Flow Device) result on the text message you will receive.

You must also report this test result to the Care Home.



You, anyone who lives with you, and anyone in your support bubble, must self-isolate in accordance with current national and local guidance, which can be found at

<https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public/frequently-asked-questions#if-i-have-symptoms-of-covid-19-what-should-i-do>

In the case of a positive Rapid lateral flow test result, you will **also need to complete a PCR test to confirm the positive result**. You must self-isolate while awaiting the results of this confirmatory PCR test.

Instructions on how to organise a PCR tests are provided on page 21.

VOID RESULTS



No lines or one line next to T means the test is void. If you receive a void result, you should undertake another rapid lateral flow test and follow all of the instructions carefully. Do not reuse anything from the first kit.

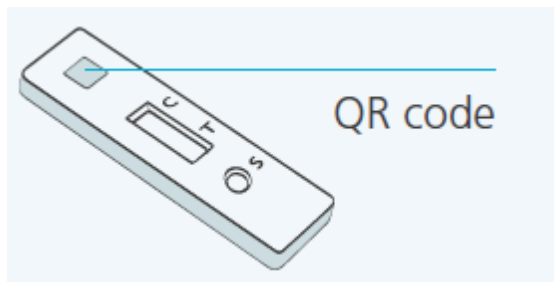
If the second test is also void, please contact your care home to arrange to have a LFT test supervised at the Care Home.

More than one void result should be reported to the Care Home who will report it as there may be an issue with the batch of tests.

6. Report your result

You must report your results to the NHS.

Report your result so the NHS can monitor the spread of the virus, support communities across the UK, combat the virus and save lives. You can also find out more about the result and what you need to do.

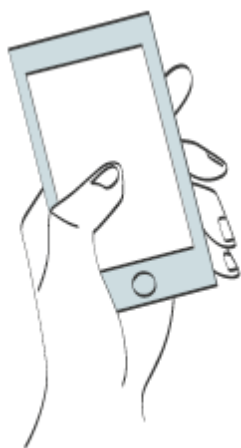


You need the QR code, or the ID number under it, on the test strip to report your result.



Report online (fastest)

Visit: www.gov.uk/report-covid19-result



Or report by telephone

Lines are open every day, 7am to 11pm.

England, Wales and Northern Ireland: **119**

(free from mobiles and landlines)

Scotland: 0300 303 2713

(charged at your standard network rate)

Test performance

The test is more likely to give a positive result if someone has high levels of coronavirus (COVID-19).

This means that it is most likely to detect the people who are currently infectious and need to immediately self-isolate.

7. Safely dispose of your test kit



Once your test is complete put all of the used test kit contents in the waste bag provided. Put in your general household waste.

Disposing of a positive test.

If your LFD test is positive, put the test into a second plastic bag (e.g. a small food bag) and keep for 48 hours before disposing in general household waste.

Your kit contains the following materials

Items	3-Pack	7-Pack*
Instructions for use (this document)	1	1
Extraction tube holder	1	1
Test strips in sealed packaging	3	7
Extraction buffer sachets	3	7
Extraction tubes	3	7
Swabs inside sealed wrapper	3	7
Waste bags	3	7

*Visitors to Care Homes in Northern Ireland will be provided with 7-packs

How to access a confirmatory PCR test if visitor has a positive LFD test result

Testing is available across a number of testing sites. Information on testing site locations is available at the following link:

<https://www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/testing-covid-19>

Fixed drive through centres:

- Belfast: SSE Test Centre, Odyssey Car park
- Derry/Londonderry: The LYCRA Company Car Park
- Craigavon: Central Sports Arena
- Enniskillen: St Angelo Airport

Walk through test sites:

- Ulster University (Car Park 4), Coleraine
- Magee Ulster University, Londonderry
- Ballymena Showgrounds, Ballymena
- Car Park at Queen's Sports Club (PEC), Belfast
- Longstone Car Park, Lisburn

Testing at one of 8 mobile testing units. **PLEASE NOTE:** The mobile testing units provide a temporary testing site that is set up in response to local demand. Individuals should therefore arrange to check the locations of the mobile testing units available at the following link:

<https://www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/testing-covid-19>

In advance of attending a test centre, it will be important for you to have watched the videos on how to perform the test (nose and throat swab).

This is available at the following link:

<https://www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/testing-covid-19>

PLEASE REMEMBER to register your test kit on the website (<https://test-for-coronavirus.service.gov.uk/register-kit>) so that your test

result can be sent to you. This registration is completed after the test with the unique number you have on your test sample. The unique number will look like this example “AAA12345678”

If you do not have access to a computer, ask a family member or friend to assist you. If that is not possible, please contact the Care Home for advice.

When will I get my test result?

Once your test kit is registered (where you are asked to provide a mobile phone number and an email address) and you have completed your swab, you should normally receive your results within 24 hours by text and email.

Will having a negative test mean that visiting is safe?

No test is 100% accurate all the time. All visitors should continue to follow all instructions from the care home to make each visit as safe as possible. This includes washing your hands thoroughly, wearing PPE as required and staying within designated parts of the care home.