

## Frequently Asked Questions – Lateral Flow Tests

Question	Answer
Why is the council offering this type of testing?	This testing will offer access to faster turnaround tests for people who <b>do not</b> have symptoms of Covid-19, for the purpose of identifying people who are infectious and helping to reduce transmission. Breaking the chain of transmission will help us slow the spread of the virus.
Where can I get a test?	Testing for people who do not have symptoms of Covid-19 is currently available at: - Technology Park 1, University of Sunderland, City Campus, SR2 7PT - Hylton Castle and Town End Farm Boys Club, Coleridge Road, SR5 3PP
What are lateral flow tests?	Lateral flow antigen tests are a new kind of technology that can be used to test people without symptoms of Covid-19. This helps to identify and isolate more people who are at high likelihood of spreading the virus and break the chains of transmission.  A Lateral Flow Test (LFT) detects the presence or absence of coronavirus by applying a swab sample to the device's absorbent pad. The sample runs along the surface of the pad, showing at the end a visual positive or negative result dependent on the presence of the virus.
Do they work for people without symptoms?	Lateral flow tests are validated technology. Extensive clinical evaluation from Public Health England and the University of Oxford show Lateral Flow Tests (LFTs) are appropriate to be used for people without symptoms.
Why am I being asked to have two tests each week and for those tests to be 3-5 days apart?	This is because the tests are more sensitive with higher viral loads, therefore there is a risk of returning a negative result when viral loads are low such as in the early stages of infection. Therefore regular testing is recommended to enhance detection by picking up any cases which were not detected during the first test and to catch any new infections.
I have received a Covid-19 vaccination, is it still worthwhile having a test?	Yes, you should still get a lateral flow test if you are eligible.

	<p>This is because it is not yet clear if immunisation will stop people catching and spreading coronavirus, even though it protects against severe illness.</p> <p>It is really important you continue to take measures to prevent the spread and prevent you catching it or giving it to someone else. This includes taking part in the lateral flow testing programme, as getting tested will help identify those who may be carrying Covid-19 without knowing it and help in the overall effort to slow the spread of the virus.</p>
Can I get a test delivered to my home instead of going to a test site?	You can only access a home test if you have symptoms of Covid-19 - a high temperature, continuous cough or loss of / change in taste or smell - at <a href="https://www.nhs.uk/coronavirus">nhs.uk/coronavirus</a> or by calling 119.
How can I get tested if I have coronavirus symptoms?	Free testing continues to be available to everyone in Sunderland. See <a href="https://www.sunderland.gov.uk/get-a-test">www.sunderland.gov.uk/get-a-test</a>
Who is eligible to get tested?	This type of testing is currently available for frontline staff who cannot work from home and who work with vulnerable people. Those who are eligible will be advised by their manager. If you do have symptoms of Covid-19 you must book a test at <a href="https://www.nhs.uk/coronavirus">nhs.uk/coronavirus</a> or by calling 119.
Do I have to get a test?	No although we are hoping that many people will recognise the benefits of getting involved in these types of local testing efforts to reduce the spread of the virus in their communities.
Why should people take part?	We aim to identify people who do not have Covid-19 symptoms but who are infectious and could spread the infection to others unknowingly. Identifying and supporting infectious people to isolate before they develop symptoms will help reduce spread.
What does the test involve and how does it work?	You must avoid eating or drinking for at least 30 minutes before taking the test. When you arrive at the test centre you will be given a sealed sterile swab at the welcome / registration desk and will be directed to a sample collection booth and the swabbing process will be explained to you. The swabbing process involves holding the swab in your hand, opening your mouth wide and rubbing the fabric tip of the swab over both tonsils (or where they would have been) at the back of the throat with good contact at least 3 times. The swab stick should be carefully removed from the back of the throat taking care to ensure that it does not come into contact with any other structure or surface.

	<p>You then need to insert the same swab into one nostril. The swab tip should be inserted up to 2.5 cm (1 inch) from the edge of the nostril and rolled 5 times inside the nostril to ensure that both mucus and cells are collected.</p> <p>The Lateral Flow Device detects a protein (antigen) produced by the virus at its most infectious stage. If present in a person's sample a coloured line appears on the device after 10-20 minutes. This uses a well-established technique called immunochromatography, which draws the sample along the device in a similar way to a home pregnancy test kit.</p>
<p>What will the test tell me?</p>	<p>If you get a positive result, it is likely that you were infectious at the time the test was taken.</p> <p>The antigen test cannot detect very low levels of coronavirus in a sample, so if you have only recently been infected, are in the incubation period, or if you have mostly recovered, the test may not give a positive result which is why you must continue to follow guidance to protect others.</p>
<p>How long does it take to do the test?</p>	<p>It takes less than 15 minutes to administer the test.</p>
<p>How fast will I get the results?</p>	<p>You will get the test result within 24 hours via text or email.</p>
<p>How accurate is the test?</p>	<p>While the test is not as sensitive as the test for people with symptoms, it is an important tool in a range of measures to reduce the risk of spreading the virus and it is important people continue to follow the preventative measures currently recommended for stopping the spread of the virus. These include isolating if you get a positive result and following guidance on social distancing, wearing a face covering and washing your hands for at least 20 seconds regularly and sticking to the national restrictions, if you get a negative result.</p>
<p>Is the test self-administered?</p>	<p>Yes. You will be asked to do the swab yourself but there will be trained staff on site to process the test.</p>
<p>What happens if I test positive?</p>	<p>If you test positive you will need to self-isolate for 10 full days after your test. You must self-isolate immediately by law for 10 days and everyone you live with must also self-isolate for 10 days.</p>

<p>Can I get financial help if I test positive?</p>	<p>Eligible individuals who test positive through the follow up test will be entitled to the £500 Test and Trace Support Payment in the same way as a regular swab test through NHS Test and Trace. Please note the government has laid down eligibility criteria. Find out more here <a href="http://www.sunderland.gov.uk/TestandTraceSupportPayment">www.sunderland.gov.uk/TestandTraceSupportPayment</a></p>
<p>What support is available if I have to isolate?</p>	<p>Anyone who has difficulty accessing food or medicines or needs other support to self-isolate can contact <a href="http://www.sunderland.gov.uk/coronavirus">www.sunderland.gov.uk/coronavirus</a> or 0800 232 6084</p>
<p>What happens if I test negative?</p>	<p>If you test negative, although it is likely you weren't infectious when the test was done, you could still go on to develop Covid-19. So even though your test result is negative you must continue to follow the preventative measures currently recommended for stopping the spread of the virus.</p> <p>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 national restrictions.</p>
<p>Can people just show up for a test or do they need to book?</p>	<p>You must book a test. If you are eligible for this testing your manager will provide you with the link needed to book a test.</p>
<p>How can people be kept safe on site?</p>	<p>Covid safe guidelines will be adhered to throughout the site and you are asked to wear a face covering and follow social distancing guidance.</p>
<p>Does having one of these test centres in their area put residents living around them at risk?</p>	<p>No, people accessing tests do not have symptoms and everyone is asked to follow Covid safe guidelines.</p>
<p>How many times can I get tested?</p>	<p>You can access 2 tests a week whilst the testing sites are operational. The tests should be taken 3 to 5 days apart.</p>
<p>I have been offered a test which I have to pay for- is this one of the tests as part of this programme?</p>	<p>No, these tests are free and are available by booking a test here <a href="http://www.sunderland.gov.uk/get-a-test">www.sunderland.gov.uk/get-a-test</a></p>