

## Information on Covid-19 testing for parents and carers

**As the Covid-19 pandemic continues, we all need to do our best to remain vigilant and stop the spread of the virus. The virus can only be controlled by actions we all take. Thank you for your support and please continue to help keep our school and community well by adhering to important covid safe measures.**

### Testing with symptoms

If you have *any one* of the main symptoms of COVID-19:

- a new, continuous cough
- a high temperature
- a loss or change to your sense of smell or taste

You should immediately self-isolate and book a test either online at [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/) or by calling 119.

If you have a test when you have symptoms you will be given a simple swab test often referred to as a PCR test.

These tests are carried out at specific PCR testing locations for people with Covid-19 symptoms.

You must continue to isolate until you receive your test result (along with your household and bubble) if you receive a positive result you must all continue to isolate for 10 days starting from the day after symptoms began.

### Other symptoms

Some Dudley borough residents who have tested positive for COVID-19 have displayed other symptoms.

Although these are not the classic COVID symptoms, people are being encouraged to get tested for Covid-19 as a precaution (with a booked PCR test).

These symptoms may include:

- loss of appetite
- sore throat
- extreme tiredness
- sneezing
- headaches
- joint pain or muscle ache
- nausea
- runny nose or congestion
- Diarrhoea\*
- Vomiting\*

Book a precautionary PCR test at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by calling 119 and **selecting that your council has asked you to do so.**

If you have any of these other symptoms, you do not need to isolate unless you have a positive test result or have diarrhoea and vomiting\*.

*\*anyone with diarrhoea and vomiting should stay at home for 48 hours from their last symptom.*

Find out more at [www.dudley.gov.uk/coronavirusparents](http://www.dudley.gov.uk/coronavirusparents)

### **Symptom-free testing**

Rapid symptom-free Covid-19 tests are also referred to as lateral flow tests or lateral flow device (LFT or LFD).

Regular, **twice weekly** rapid testing for people without symptoms is a vital part of the fight against Covid-19 and is a key part of the government's roadmap for recovery.

One in three people don't have any Covid-19 symptoms, so don't know they have the virus. Rapid symptom free testing finds hidden cases, ensuring you don't pass it onto family members, friends or workmates, stopping the spread of the virus.

The symptom free test is a painless, quick and easy throat and nose swab and results are available within an hour.

Please note anyone who has previously received a positive COVID-19 PCR test result should not be re-tested within 90 days of that test, either by PCR or lateral flow test unless they develop any new symptoms of COVID-19 as this may still show a positive result due to previous infection.

Please also note that an LFD test taken on a school or community site does not require a confirmatory PCR test. Only LFD tests taken at home require a confirmatory PCR test.

### **Accessing symptom-free tests**

Parents and carers and anyone else living with a school age child or young person are among the priority groups being given access to free home lateral flow testing kits to test themselves.

Information on how to access these can be found at [www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff](http://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff)

### **Take a test at a rapid lateral flow test site**

You can take a rapid lateral flow test at a local site. Testing at these sites is assisted, which means you will swab yourself under the supervision of a trained operator.

These are at Dudley Leisure Centre, Saltwells Education Centre, with pop-up sessions at Holy Trinity Church Community Centre in Wordsley, Lifecentral Church in Halesowen, St Andrews Church in Sedgley, St James Church in Wollaston and the Salvation Army Church in Lye.

There is also testing at more than 30 pharmacies across the borough. For details on where you can get a lateral flow test and to book visit [www.dudley.gov.uk/symptom-free-testing](http://www.dudley.gov.uk/symptom-free-testing)

### **Collect test kits**

You can collect two packs of home test kits at a local collection point. Each pack contains seven tests.

Anyone 18 or over can collect. You can find local collection points and check online for opening times before you go.

[Find your nearest home test kit collection point.](#)

### **Order home test kits online**

If you cannot get tested at your workplace or are unable to go to a test site or collect test kits, you can order a home test kit online.

Do not order online if you can get a test through other methods. This frees up home delivery for those who need it most.

[Order rapid lateral flow home test kits](#)

### **Prior to home testing**

All parents and carers are strongly encouraged to have a lateral flow test at a local testing site prior to starting home testing, to learn how a test is undertaken.

Anyone unable to do regular home testing can go to one of the Dudley lateral flow testing centres.