

Covid-19 testing: What you need to know

Which type of test should I get?

If you have any symptoms, please take a PCR test as soon as possible. Lateral flow tests (LFTs) should only be used if you do not have any symptoms.

If you test positive on a lateral flow test, you no longer need to take a confirmatory PCR test. You should start self-isolating immediately.

If you are identified as a close contact of a positive case (whether in or outside your household), you should engage in 7 days of daily lateral flow tests, ideally before going into school or work each morning.



Children under 5 should not take an LFT – if they're identified as a close contact of a household case they should take a PCR test.

How long should I self-isolate?

If you test positive by PCR or LFT, you must stay at home for the full self-isolation period of 10 days; day 0 starts from the day of the test if you do not have symptoms, or the day your symptoms start.

If you remain without symptoms, on day 5 and 6 you can do a lateral flow test (24 hours apart) – if both are negative, and you do not have a temperature, you are free to end your isolation on day 6. You can also test on day 7 and 8, or day 8 and 9. This also applies to children and young people who usually attend an education or childcare setting.



After the 10 days of isolation, you can re-enter the routine lateral flow testing programme.

You shouldn't take a PCR test within 90 days of testing positive unless you develop new symptoms. You can, however, continue with routine lateral flow testing.

Be cautious. Be careful. Be kind.

Testing for children and young people

Secondary aged pupils are encouraged to take twice weekly lateral flow tests. LFTs are not recommended for under 5s.

Therefore, children under 5 who are identified as close contacts of positive cases are exempt from self-isolation and do not need to take part in daily testing.

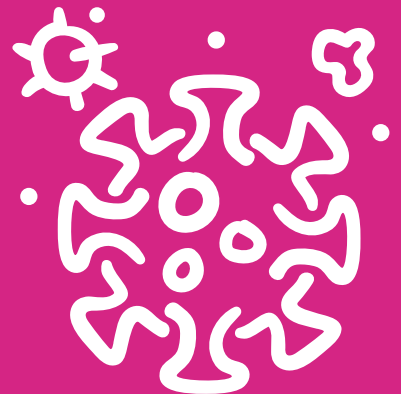
They are advised to take a PCR test if the positive case is in their household.



Should I engage in routine lateral flow testing?

Everyone over the age of 11 can engage in routine (twice weekly) lateral flow testing. It helps identify the 1 in 3 individuals who have Covid-19 but show no symptoms; and lowers onward transmission in our community.

You can engage in routine testing even if you previously had Covid-19. You can re-enter routine testing after the 10th day of infection.



How to access testing

To access a PCR test, you can either order a kit to your house or book an appointment at a testing site: www.gov.uk/get-coronavirus-test

To access a lateral flow test, you can order home test kits online, collect them from a local pharmacy or collect them from one of our static or mobile test centres.

The latest in-borough test site information can be found here: www.wokingham.gov.uk/community-testing

Be cautious. Be careful. Be kind.