Home testing for Covid-19
Help stop the spread of Covid-19

Can I access testing if I don't have any symptoms?
1 in 3 people with the coronavirus do not show any symptoms.
Go online to book a test or a home test kit at www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test/ or call **0333 772 6144 (interpreters are available).**
Test kits can also be collected from pharmacies or test centres.

How do I prepare to do a rapid lateral flow test?
1. Wash your hands with soap or use a hand sanitiser.
2. Lay out all the items in the test kit on the clean surface.
3. Fill the tube in the test kit with the liquid provided and close the lid.
4. Blow your nose and wash your hands again.

How do I undertake the rapid lateral flow test?
1. Open your mouth wide and rub the swab over your tonsils (or where they would have been). Avoid the end of the swab touching your teeth, tongue and gums.
2. Put the same swab inside your nose (about 2.5 cm up or until you feel some resistance).

How do I get the result?
1. Put the end of the swab into the tube so it's in the liquid and twist the swab in the liquid for 15 seconds.
2. Squeeze the liquid from the tube onto the test strip. Gently squeeze the extraction tube to place 2 drops of the liquid onto the specimen well (S) on the test strip.
3. Wait 30 minutes and read your result.

Things to remember:
1. It's important you do not leave it longer than 30 minutes as it may affect the result.
2. Taking a sample may be uncomfortable and make you gag, but it should not hurt. You may find it more comfortable to look up and tilt your head upwards when swabbing your tonsils.

What if I get a positive result?
1. You and anyone you live with will need to self-isolate at home for 10 days.
2. Report your positive result as soon as possible by calling the phone number on the kit or online at: https://www.gov.uk/report-covid19-result
3. You should get a PCR test (a test that is sent to a lab) to confirm your result as soon as possible online at: https://www.gov.uk/get-coronavirus-test or call 119.

If you are worried about your bills, your job or your home, call the **Suffolk Advice and Support Service** free on **0800 068 3131** Monday to Friday 9am-5pm.
If you are self-isolating, call the **Home, But Not Alone** helpline for support **free** on **0800 876 6926** Monday to Friday 9am-5pm.

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