



# Lateral Flow Testing in School

*How it works*





## What you need to know...

- **The lateral flow test is very quick and easy – it takes less than 30 seconds!**
- **A quick swab is taken of your throat and nose – that's it!**
- **We will get the results within 30 minutes**
- **You and your parents will only be contacted if your test result is positive**
- **If your test is positive you will have to go home to self-isolate**
- **Don't worry though, the vast majority of tests are negative!**
- **Now go through the following slides with your teacher or parent to see how the process works...**





## STEP 1

Before you come down to the hall for your test, you will be given a registration card. Write your **FULL NAME** clearly on the card.



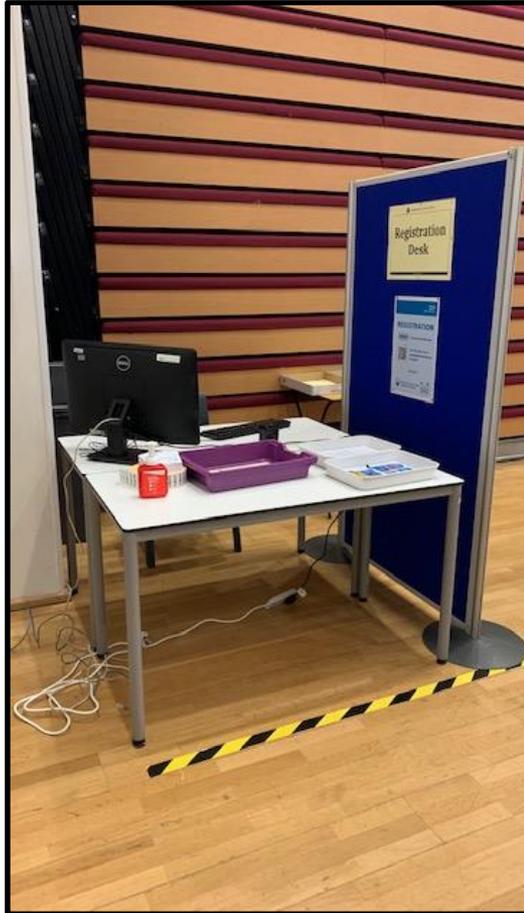
## **STEP 2**

**You will then be brought down to the main hall.**

**You must queue outside the hall, standing on one of the yellow lines, until instructed to enter.**

**Talking is not permitted at any time.**

**You must wear your face mask at all times.**



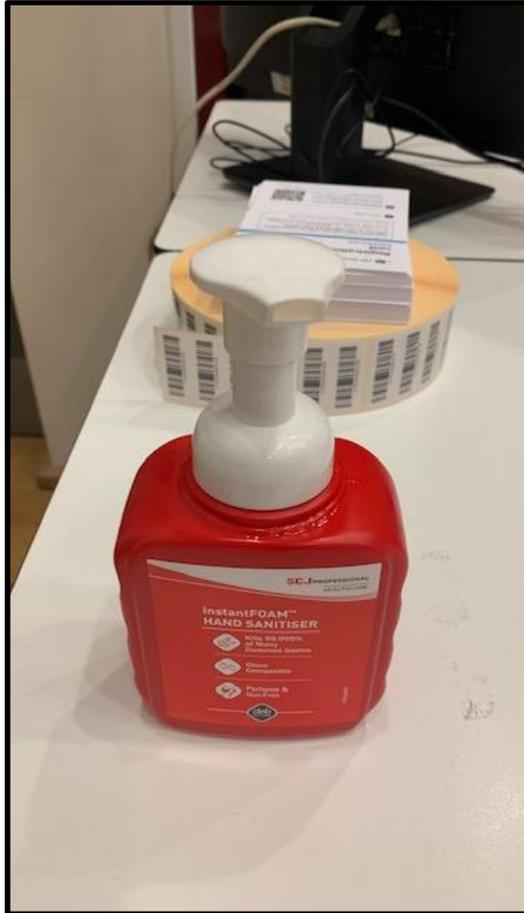
## **STEP 3**

**Once inside, you will go to the registration desk to register your test.**



## **STEP 4**

**You will place your registration card in the tray on the table.**



## STEP 5

You will then sanitise your hands using the sanitiser on the table.



## **STEP 6**

**You will then be directed to sit by a member of staff until your tester is ready.**

**You are not permitted to talk while you are waiting.**



## **STEP 7**

**You will be directed to a testing bay when one is available where you will take your test.**

**A member of staff will guide you through the process.**

**Look at the next slide for details of how the test works.**



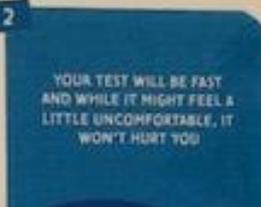
# STEP 8

**NHS**  
Test and Trace

## HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

- 

YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- 

YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU
- 

BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART.
- 

10 SECS  
OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE
- 

REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
- 

GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL. THIS WILL TAKE 10-15 SECONDS
- 

AFTER THIS, YOU'RE DONE. GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP
- 

YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING. THIS TAKES ABOUT 30 MINUTES
- 

YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT



## **STEP 9**

**Once you have completed your test you will be directed back to class using the one-way system. Simply follow the arrows on the floor.**



## **STEP 10**

**Remember to sanitise again on the way out!**

**Do not loiter and make your way straight back to class.**



**Remember!**

**NOTE: When you return to school for your first test you will arrive via Ponsford Street and will be directed off-site as soon as you have been tested.**

- Write your **FULL NAME** clearly on your registration card before you come to the hall.
- Talking is not permitted while queuing up or while waiting in the test centre.
- Follow all instructions given during the process without question.
- If you have any worries or questions about the test, speak to a member of staff.
- You and your parents will only be contacted if your test result is positive.