



Cardinal Pole
Catholic School



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.



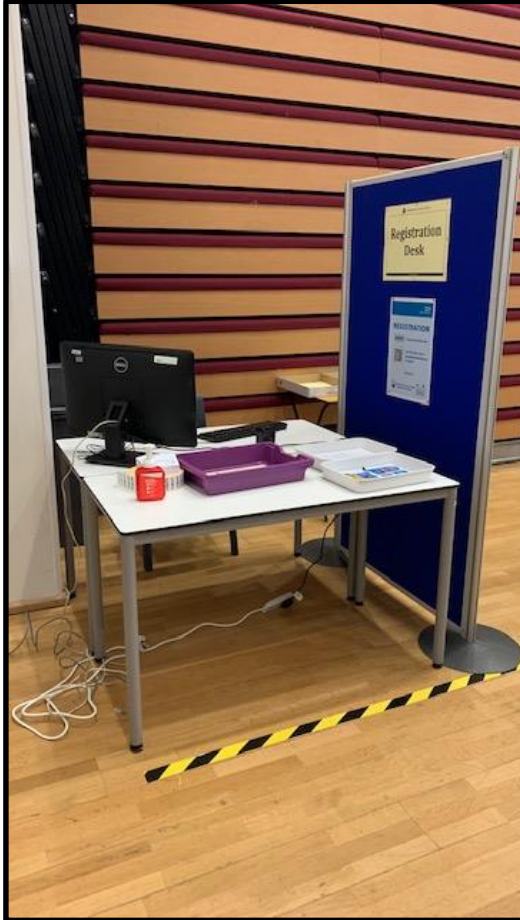
STEP 2

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.



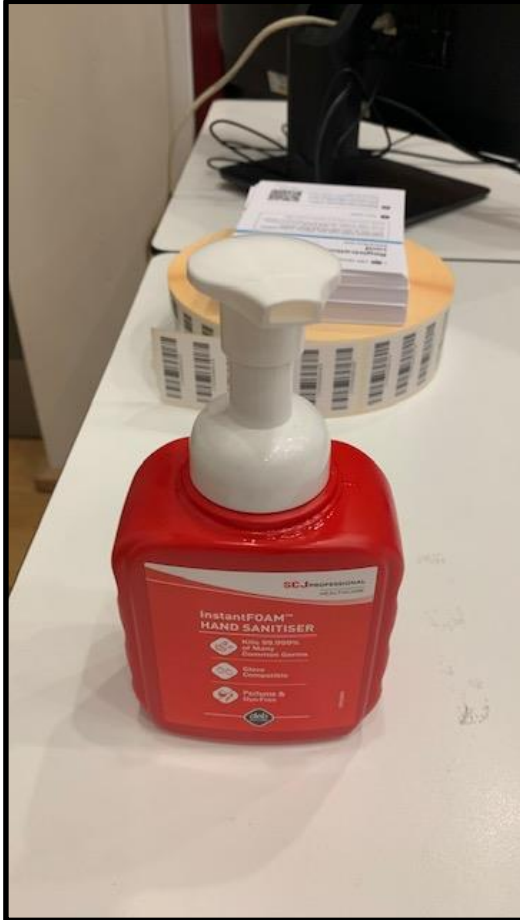
STEP 3

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.
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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
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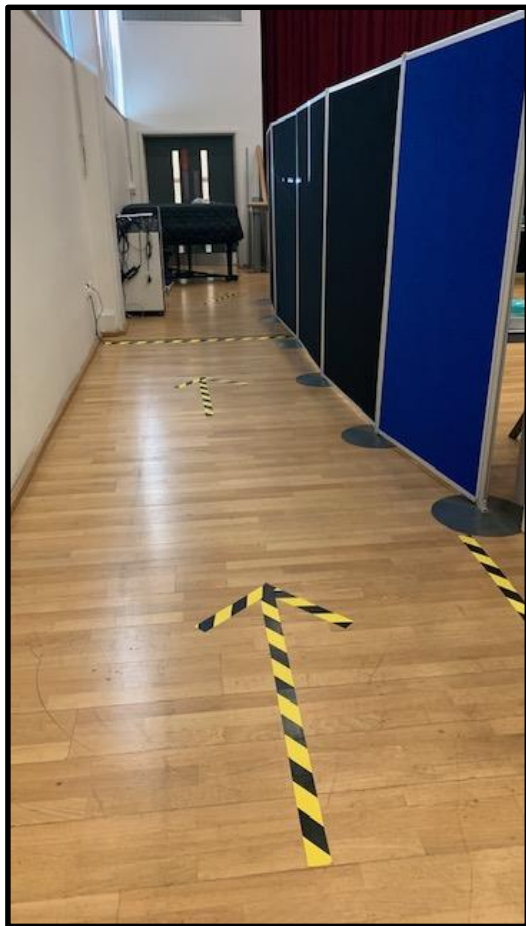
REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
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YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING. THIS TAKES ABOUT 30 MINUTES
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GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF 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 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.