

# Helping to protect each other by regular 'Lateral Flow Testing' for Coronavirus



The Government has announced a further relaxation in Covid-19 restrictions from Monday 17<sup>th</sup> May and it is likely that most legal restrictions will end by late June. Although this is welcome news and the vaccination programme has greatly reduced the risks of contracting or spreading Covid-19, no vaccine is 100% effective and the illness has not totally 'gone away'; it is still circulating. The emphasis is likely to move to individuals deciding for themselves what risks they are comfortable to take, rather than for the Government continuing to impose legal restrictions. Gatesbiel will issue more information on how these changes announced by the Government will affect our Tenants shortly.

To help keep each other safe, the Government also encourages everyone without symptoms to take a free, rapid, 'lateral flow test' twice per week. This is because a third of people who have Covid-19 may have no symptoms but still spread the illness. These tests can be done entirely at home by yourself and produce a result within 30 minutes.

It is not compulsory to take these tests, but for everyone's benefit, Gatesbiel encourages all staff and tenants to take advantage of these free tests. We also strongly encourage you to ask any of your visitors to take these tests. We would like to know your views on this—whether you would be willing to take the lateral flow tests regularly and, if so, whether you would like help from Gatesbiel to do so. Overleaf, there is some more information from the NHS about what is involved in taking the test and a question for you to consider and return to the office.



# Regular rapid coronavirus (COVID-19) tests if you do not have symptoms



You can get regular rapid tests if you do not have symptoms of coronavirus (COVID-19).

## **Why you should get tested regularly**

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others.

You should do a rapid test twice a week (every 3 to 4 days) to check if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

## **About rapid tests**

The test for people without symptoms of COVID-19 is called a rapid lateral flow test.

This usually involves rubbing a long cotton bud (swab) over your tonsils (or where they would have been) and inside your nose.

The tests can give you a result in 30 minutes. They use a device similar to a pregnancy test and do not need to be sent to a lab.

You can do a rapid test at home or at a rapid lateral flow test site.

If you test positive, you and anyone you live with will need to self-isolate.

## **Who can get regular rapid tests**

Anyone who does not have symptoms can now get regular rapid lateral flow tests to check for COVID-19.

## **How to get regular rapid tests**

### ***Order tests online***

You can get a pack of 7 rapid tests sent to your home.

If you do tests at home, you'll need to report your results online or on the phone.

### ***Collect tests to do at home***

You can collect up to 2 packs of 7 rapid tests from a local pharmacy or test site.

If you do tests at home, you'll need to report your results online or on the phone.

### ***Go to a test site***

You can get tested at a rapid lateral flow test site.

If you go to a test site:

- you may need an appointment, so check before you go
- a trained helper might be able to help you do the test
- you'll get a text or email with the result when it's ready

**Gatesfield is also looking at how we could help co-ordinate testing and provide help to those of our staff and tenants who would like assistance.**

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Please let us know which option below best reflects your view and return to the office (or just let a member of staff know your view, e.g. by phone, email or in person)

- I am already taking a lateral flow test twice per week
- I will start taking a lateral flow test twice per week at home and want to organise it myself
- I would like to start taking a lateral flow test twice per week, but would like help from Gatesfield
- I'm not sure about taking the tests, I would like to know more
- I do not want to take lateral flow tests

Name .....