

## **Colleague FAQs:**

### **COVID-19 Lateral Flow testing**

Our FAQs are designed to help you understand what lateral flow testing is, why we are doing it and how you can do it correctly.

**Please remember, if you have any symptoms of COVID-19, regardless of your lateral flow test result, you should not attend work.**

## 1/ ABOUT LATERAL FLOW TESTS

### **What is a lateral flow test?**

The lateral flow test (LTF) is a rapid covid test. It involves taking a swab from your nose, placing it into liquid, then applying drops of that liquid to a slide in order to determine a 'positive' or 'negative' result. The results come up in a line a bit like a pregnancy test.

### **How accurate are the tests?**

Lateral flow tests are slightly less accurate than standard covid tests (known as PCR), so any positive result in a lateral flow test needs to be confirmed with a PCR test. The PCR test is regarded as the definitive and true covid test result.

### **Why are we asking staff to do this?**

Staff testing is important in order to identify staff who may be unknowingly carrying covid because they aren't showing symptoms. Better knowledge about our current covid status enables us to better protect colleagues and our patients.

### **Is the testing voluntary?**

Whilst, yes, the testing is voluntary, as part of the UHL pilot. We are keen to involve as many of our patient-facing front line staff as possible. If you decide to take up the tests, as an organisation we have a statutory requirement to report your results, rather than a voluntary requirement, so you will need to persevere with regular testing and recording of your results. In doing so, you'll help to keep your patients and colleagues safe.

### **Can I use the test for family members or other people?**

No – the tests are for your own personal usage only.

### **I am in the SIREN study or have tests taken elsewhere– do I take part in this programme too?**

If you are in the SIREN study or any other research study you can still take part in twice weekly lateral flow testing.

However, if you are already being tested twice weekly by another organisation where you work (e.g. the University of Leicester, care homes, community) you do not need to repeat tests for UHL.

## 2/ TAKING THE TEST

### Who does the test?

The test is self-administered, meaning that you will do it yourself, at home.

### How do I do the test?

To do the test you need to pick up a test box which contains 25 individual tests. When you start the 12 week programme, you should perform a test the evening before you are due to be on duty or if on a night shift, the morning of that day.

You need to open a test sachet and take a nasal swab then follow the testing instructions that are available in the box. Importantly, please ensure that you do not wait any longer than 30 minutes to view your result as this may lead to inaccuracies. For more information you can watch this video <https://learninghub.nhs.uk/self-swab>

### Do I need training to do the test swab?

No, but you should watch the video so you are clear on what you need to do. Watch it here: <https://learninghub.nhs.uk/self-swab> and also read the information sheet provided with the test kit.

### What should be in the test kit that I pick up?

The testing kits will arrive in boxes containing the following:

- 25 foil pouches containing the test cartridge and a desiccant
- 2 x 6ml vials of buffer solution
- 25 Extraction tubes and 25 tube caps
- 25 sterilised swabs for sample collection
- Instructions for use of the device (IFU)



### **What if items are missing/broken?**

If any of the items in the boxes of devices supplied are missing, broken or damaged, if the device is damaged or breaks during use, if the user of the test has any concerns about the performance of the test, or if any adverse incident with the test occurs, then these incidents should be reported to Jo Hyde – Head of Inpatient / Day Therapy Services via email.

### **How often do I test and at what time of day?**

You need to do the test twice a week. Tests should be done 3-4 days apart.

### **Should I follow the instructions in my box or the ones that I was given when I picked up the box?**

[You should follow the link above](#)

### **How do I dispose of my used test?**

Used tests can be wrapped in tissue and disposed of in your normal household bin, even if positive. Once you have used up all of the tests in your kit any un-used buffer liquid can be disposed of down the sink.

### **Are there any known issues with the kits?**

Our pilot group have experienced issue with the top of the buffer liquid bottles being hard to open, and this has led to damage and lost buffer solution. If you run low on buffer solution you will need to pick up a new box.

### **Do I need to do the test whilst on annual leave?**

Yes – continue every 3 – 4 days.

### **What happens if I need to stop for some reason?**

If you need to stop because you have had a positive PCR, or are advised to stop for any other reason, please inform your area/line manager.

### **What if I do not wish to participate in this programme?**

If you decide not to participate in this opportunity, please let your line manager know.

### **Should I continue testing after I've had the vaccine?**

Yes, continue to test even though you have had the vaccine.

## 3/ READING AND REPORTING YOUR RESULTS

### How do I record and report the result of my test?

Each time you do a test you need to fill in the reporting form so that the results can be recorded upwards to NHSE&I. This is really important because we are a pilot site and the NHS is reliant on us to report accurately in order to evaluate the benefit of the testing programme. To report your result go to: <https://www.gov.uk/report-covid19-result> and fill out all the relevant fields. At any point if you have difficulty accessing this information, please speak to your line manager and keep a written copy of your testing programme.

### Where are my results going to be shared?

We will share the test results that you submit with NHSE&I and PHE via a secure portal (PHE's POCT portal). This will be done weekly for the duration of the programme. We will also share your name and other personal data fields. By taking part in the programme, you consent to your data being shared in this way.

### Where can I get help and advice if I have problems with the test?

You can direct queries to your line manager, Jo Hyde or Carole Worrall

### What do I do if the lateral flow test is positive?

If the test result is positive you will need to assume that you have Covid-19 until proven otherwise. You must take the following actions with immediate effect:

1. You and your house-hold must self-isolate until you receive your PCR covid test result.
2. Tell your line manager that you cannot come in to work
3. Book a Covid-19 PCR test in one of the following ways:
  - a. Go to <https://www.gov.uk/get-coronavirus-test> or by calling 119. You will need to say you are part of a government pilot project or have been asked to by your local authority
  - b. Speak to your manager or who will provide information about swabbing that may be available via Occupation Health / LPT

**Please do this as soon as possible.**

4. When you receive your PCR test result, you should notify your line manager as soon as possible to confirm either:

You have a **positive PCR result** and you need to self-isolate for 10 days, (your household along with anyone that you have been in recent contact with must isolate for 10 days.)

or

You have a **negative PCR result** and can return to work immediately.

After a positive result, you should not take another lateral flow test in the 90 days following your positive test. You and your line manager should note when the date to re-commence testing is.

### **What do I do if my result is invalid?**

If your result is invalid you need to repeat it.

Please record the results of both the invalid test and the second test

If you do not have time to repeat the test before you go to work, you can repeat the next day

### **What happens if my test is negative, but I have coronavirus symptoms?**

If you have coronavirus (COVID-19) symptoms, but a negative test, you should report this to your line manager, book a PCR covid test and not attend work until you have the results.