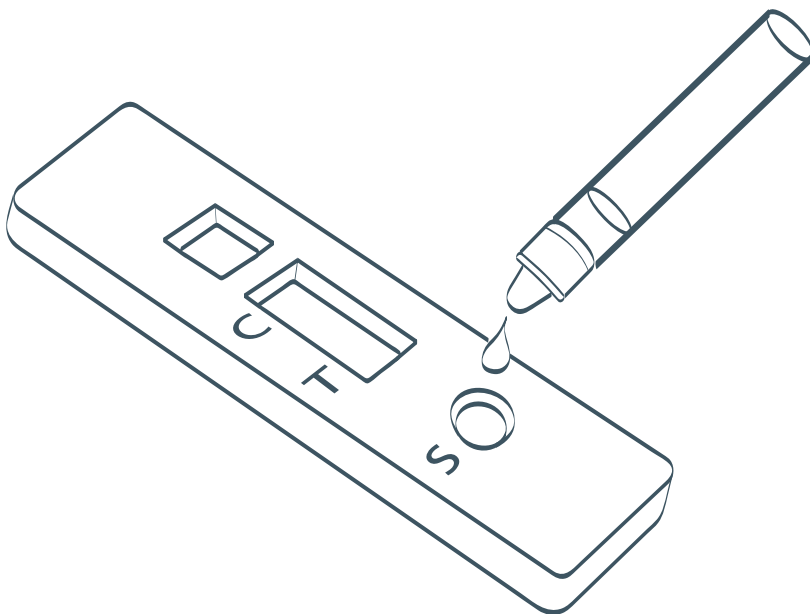# A guide for healthcare staff self-testing for coronavirus using a Lateral Flow Device (LFD)

This guide will help you remain well at work and keep your patients safe.
This test is suitable for healthcare workers.

About this test kit

This test is part of the governments response to the pandemic and its commitment to controlling infection and supporting our healthcare staff. Please follow this information leaflet that has been specifically designed to support this, rather than the technical instructions that are included in the box from the original manufacturer.

Overview

Here is a quick check-list for how to use the COVID-19 LFD tests. It is really important that you follow these steps in the correct order.

You should test yourself twice a week, every 3 to 4 days, to fit your shift pattern – for example, every Monday and Thursday or Wednesday and Sunday.

- Prepare your test area and unpack your equipment

- Take your swab sample (nasal swab only)

- Process your sample and wait 30 minutes

- Read your result

- Report your result

- Safely dispose of test equipment

> **Remember, store the test kit at room temperature – not in direct sunlight and not in a fridge or freezer. Keep the test kit away from children.**

> ! **If you receive a positive test, you must immediately report the result to your organisation, either via your occupational health department, line manager or as per local guidelines.**
>
> You will be asked to take a confirmatory PCR test; you and your household should self-isolate according to HM Government Guidelines until the result of that test is known.
>
> If your PCR test is positive you DO NOT need to self-test using the LFD for 90 days, from the date you became positive.

Before you start
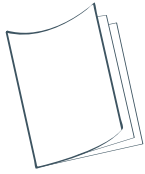
Read the instructions carefully. Taking the test may feel a little uncomfortable and unusual for most people.

You can see a demonstration of how to take the test by watching this video: **https://learninghub.nhs.uk/self-swab**

Wash your hands thoroughly for 20 seconds, using soap and warm water. This is so that you do not contaminate the test kit. Now dry your hands.

Clean and dry a flat surface, where you will take the test. Unpack the sealed test equipment for one test and place onto the clean flat surface.

Check your contents. Ensure that the test device (called 'antigen test cartridge'), swab and extraction solution are not damaged, broken or out of date. Use the test kit checklist to make sure you have everything. Use a clean one inch deep lid or other small container (e.g. clean egg cup) to keep the extraction tube upright and prevent spillage.

☐ **Nozzle cap**

☐ **Extraction buffer bottle**
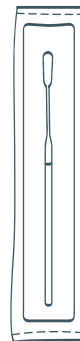
☐ **Swab, inside sealed wrapper**

☐ **Extraction tube**

☐ **Rapid test strip**

Make a note of the lot number on the Record of Testing sheet at the back of this instruction guide. You can find the lot number on the outer package of the device.

Something damaged/broken/missing? If you have difficulties using the kit, if something breaks or is damaged in use or if you have concerns about the performance of the test, report these issues to the NHS organisation that provided you with the kit. Any problems or concerns with this device can also be reported to MHRA **https://coronavirus-yellowcard.mhra.gov.uk/about**

Prepare your test

1 Gently blow your nose into a tissue to get rid of excess mucus.

2 Wash and dry your hands again (or use sanitiser if this is available).

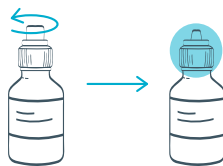**3** Soft tip   Handle

Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

4 Place the extraction tube in a small cup to keep it upright.

5 Unscrew the extraction buffer pot.

6 **6 drops**

Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle. Reseal the extraction buffer for future use.
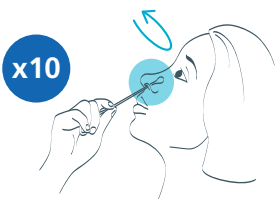
Take your swab sample

7 — Open the package and gently take out the swab. Do not touch the cloth-end of the swab.

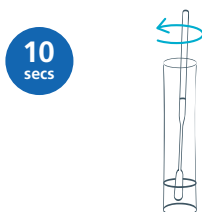**8** — **x10** — Put the swab gently into one nostril, you may feel a slight resistance (insert about 1.5cm or about half an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril.
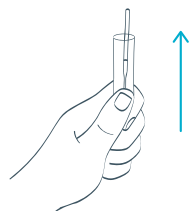
9 — **10 secs** — Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube with force, while rotating the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

10 — Take out the swab while squeezing the tube and fabric end of the swab. Place the swab back into the wrapper and dispose of it at home in your household rubbish bin.

11 — Press the nozzle cap tightly on to the tube to avoid any leaks.

12 — **2 drops** — Turn the tube upside down and lightly squeeze two drops onto the specimen well.

Specimen well

13 — **30 min** — **Place the Rapid Test Strip on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results.** Do not read your results until the 30 minute mark.

5

Reading your results

Leave your test for the full development time to get an accurate result. Do not read your results until **30 minutes**. If the test device is left to develop longer you may receive a false positive result and you will need to repeat the test.
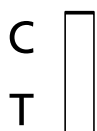
Positive result

Two lines – even faint lines – indicate the test is positive.

Negative result

This indicates the test is negative.

Invalid result

The test has failed and should be retaken.

Reporting your results

> **! If your test result is positive**
>
> **You must immediately report your positive test results to your organisation – either via your occupational health department, line manager or as per local guidelines. Your NHS organisation will provide you with information on where you need to go to have a confirmatory PCR test.**
>
> Until the results of this test are known, you and your household should self-isolate according to HM Government Guidelines.
>
> If your PCR test is positive you DO NOT need to self-test using the LFD for 90 days, from the date you became positive.
>
> You must also record your positive test results on the report sheet at the end of this document.

If your test result is negative: Record the information on the report sheet at the end of this document or one provided by your organisation. If you have coronavirus (COVID-19) symptoms please refer to NHS guidance online **nhs.uk/conditions/coronavirus-COVID-19** as this test may miss some positive cases.

If your test result is invalid: Record the information on the report sheet at the end of this document or one provided by your organisation. Repeat the test with a new test kit.

Disposing of your test

Carefully dispose of the test device and equipment in your household rubbish.

> Disposal advice may be subject to change based upon future waste disposal guidance.

Need more help?

If you need more help using the LFD test kit contact the NHS organisation that provided you with the test kit.

If you can't perform the test you should contact your NHS organisation's helpline.

> **Coronavirus guidance and help:** If you have coronavirus (COVID-19) symptoms or have contracted coronavirus (COVID-19), please refer to NHS guidance online **nhs.uk/conditions/coronavirus-COVID-19**
>
> If you have symptoms of coronavirus (COVID-19) and your condition gets worse, or you do not get better after 7 days, use the NHS 111 online coronavirus service, **111.nhs.uk**. If you do not have internet access, call NHS 111. For a medical emergency dial 999.
>
> **Do not delay getting help if you are worried. Trust your instincts.**

> We are working with NHS Test and Trace to collect safety and performance data during the roll out of COVID-19 testing initiatives. Problems with this device can be reported directly to MHRA **https://coronavirus-yellowcard.mhra.gov.uk/**

You must record your result

You must enter your results on our reporting website after every test at: mytest.uhd.nhs.uk

If you test positive, self isolate and notify your line manager. You will then be referred for a PCR swab confirmation test.

For more information, see the Covid pages of the intranet.