

## **Coronavirus: FAQs for self-testing using a lateral flow device (LFD)**

### **What is this test and why do I have to self-test for Covid-19?**

This is a lateral flow antigen test which requires you to take a nasal swab. NHS staff who are asymptomatic are being asked to self-test for Covid-19 using this method as part of the government's response to the pandemic. In this phase of Covid we have seen an increase in the number of staff and patients who are positive for coronavirus and are not displaying symptoms but are able to pass it on to others who may then become seriously ill. Self-testing, as well as correct use of PPE, is another mechanism we can use to try to control the virus. If you show any symptoms of Covid-19 please follow the existing guidelines, stay off work and book a PCR test via [staff.swabbingrbch@uhd.nhs.uk](mailto:staff.swabbingrbch@uhd.nhs.uk) or [staff.swabbingpoole@uhd.nhs.uk](mailto:staff.swabbingpoole@uhd.nhs.uk)

### **Who is eligible for testing?**

While the priority will be patient facing staff, it is our intention that all UHD staff, including bank staff, who are not based at home will receive the testing kits. Volunteers and governors should speak to their co-ordinators about whether they need to be tested. We have already piloted the system with groups of staff who regularly move around the hospitals, for example our clinical site team.

### **Do I need to be included if I have had the Covid vaccine?**

It will take several months to provide the Covid vaccine to all staff, and there is a four week gap between the two vaccine doses. As such, we would still like all staff to be included in the lateral flow testing. It is also unclear whether you could still be a carrier of the virus even if you have had the vaccine and do not become ill yourself.

### **How do I get my test kit?**

You will be allocated with a kit containing 25 swab tests. Each kit has a lot/batch number on the box which will be noted when given to you, and which you will need when recording your result. This kit should last you for around three months.

### **How do I take a test?**

Full guidance on how to prepare your kit, perform a swab, read your result and what to do with an invalid result is available at [mytest.uhd.nhs.uk](https://mytest.uhd.nhs.uk).

### **Where should I perform the test?**

The swab only takes a few minutes to perform, but you do need to wait 30 minutes for the result. Therefore tests should be performed at home in good time before your shift – you can do this the night before.

### **How do I dispose of the test?**

The test can be thrown into a normal bin.

### **How do I record my results?**

We have set up a dedicated web portal for you to record your results. This can be accessed via the Covid pages of the intranet or via [mytest.uhd.nhs.uk/](https://mytest.uhd.nhs.uk/) so you can record the results using your phone. The portal is secure and has been approved by our data protection teams. Your results will be reported daily to Public Health England. You can read the full privacy notice below.

The lot/batch number you need to submit is the number from the box, not the items inside.

### **How do I find my ESR number and NHS number?**

The recording portal requires you to enter your ESR number which can be found on your payslip, or via your manager. The NHS number field is optional. Please do enter your number if you know it – this can be found on an appointment letter, for example.

### **What if I cannot record my results?**

Please speak to your line manager to arrange for your results to be noted and reported.

### **What happens if I test positive?**

You should record your positive result using the web portal and notify your line manager. When you report your positive result online, you will be referred for a PCR swab confirmation test. As the results are reported to Public Health England, this will trigger the NHS Track and Trace system to notify your contacts.

### **If I (or a member of my team) has a positive PCR Covid test, when should we start the lateral flow antigen tests again?**

You need to start the self-testing again 90 days after your positive test was taken.

### **What do I do if I have symptoms?**

Even if you have a negative result, if you show any symptoms of Covid-19 please follow the existing guidelines, stay off work and book a PCR test via [staff.swabbingpoole@uhd.nhs.uk](mailto:staff.swabbingpoole@uhd.nhs.uk) or [staff.swabbingrbch@uhd.nhs.uk](mailto:staff.swabbingrbch@uhd.nhs.uk)

### **If I test negative, do I still need to wear PPE?**

You may only be negative at the time of the test and could still be developing symptoms. Therefore, you do need to continue to wear PPE, continue to practice good hand hygiene and socially distance from others where possible.

### **I don't want to do the tests. What should I do?**

Self-testing isn't mandatory but we hope as many staff as possible agree to take part so we can reduce the risk of spreading the virus. If you don't want to be included, please speak to your line manager as we need to officially record your decision to decline.

### **I'm part of the SIREN research trial, do I need to take part?**

No, as you are already having regular tests for Covid-19.

### **How often should I take a test?**

You should perform the test twice a week, close to when you are working. For example if you are not due to work over the weekend, don't do the test on a Friday, do it on the Sunday evening. If you are only working for three consecutive days, you can perform the test just once for that week on the day before your shift.

### **Where should I store my kit?**

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.

### **Will I get a testing kit if I work from home?**

Tests won't be allocated to you as standard if you are working from home but if you do develop any symptoms, you are still eligible for staff swabbing.

### **Can I use the kit to test my friends or family?**

We will only be supplied with a certain number of kits so these must be used by staff only. If your household members develop any symptoms of coronavirus, please follow the normal procedure and book a test via [staff.swabbing@uhd.nhs.uk](mailto:staff.swabbing@uhd.nhs.uk).

### **What do I do if I run out of tests?**

The kits should last you for around three months. We will continue to follow government guidance and supply further kits after this time if required.

### **How effective is the test?**

While there are limitations to the test and there have been some national reports around the test not picking up all Covid positive cases, the tests have helped to diagnose asymptomatic cases that would otherwise have gone undetected.

## **I have further questions, what should I do?**

In the first instance, please speak to your line manager. You can also bleep our swabbing lead on 2320 if you cannot find the answer to your query.

## **Lateral flow testing – Privacy Notice**

Please ensure you read this notice alongside the information for employees regarding asymptomatic Covid-19 lateral flow testing.

The information submitted to the asymptomatic flow testing portal will be used within the trust for the purposes of recording your test results and any follow up required. All information entered into the form is held on secure IT servers internal to the trust. Access to this information is restricted on a “need to know” basis.

If your result is positive, your information will be passed to the swabbing team in order for a full test to be arranged for you either within the trust or at another testing centre, depending on capacity. Your mobile number will only be used for sending you notifications regarding your tests.

Test results are passed to Public Health England (PHE). Positive results have to be reported to PHE within 24 hours, and negative results within seven days. This information is linked to the test that you have taken by reference number. For more information about how PHE use the information they collect, please visit <https://www.gov.uk/government/publications/phe-privacy-information>

A daily situation report (‘sitrep’) is produced for internal use, regarding the uptake of these tests and the numbers of positive and negative results. This information is anonymous and so cannot identify individual staff members.

Test results will be retained by the trust for as long as is necessary for the above purposes, and in line with national Records Management standards.

In accordance with Data Protection legislation, the trust is permitted to collect this information for the purposes of the protection of public health and medical reasons associated with your employment. For more information regarding the use of this information, please contact the information governance department.