

# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19)

Information about rapid self-testing: lateral flow tests

May 2021



### What is a lateral flow test?

Regular rapid lateral flow tests are now available to anyone across the country who does not have COVID-19 symptoms.

These tests tell you if you have COVID-19 when you do not have any symptoms.

It involves rubbing a cotton bud over your tonsils in your throat and on the inside of your nose.

The test gives a result within 30 minutes.

### Who is the test for?

Anyone that does **not** have symptoms of coronavirus should use the lateral flow tests. It's a good idea to have a lateral flow **test twice a week**.

This is because about 1 in 3 people with COVID-19 do not have symptoms but can still infect others, so getting tested is the best way to know whether you have the virus.

Cover image credit: Anne Spratt on Unsplash

### How do I get a test?

It's likely that your accommodation or a local service will have them available to you. Ask a support worker for more information.

Other ways to get tests are at a pharmacy, testing site or online here: [www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/](https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/)

Image credit: Anne Spratt on Unsplash



### How do I do the test?

The test may come with a booklet including instructions. Guidance is also online here: [www.nhs.uk/conditions/coronavirus-covid-19/testing/how-to-do-a-test-at-home-or-at-a-test-site/how-to-do-a-rapid-lateral-flow-test/](https://www.nhs.uk/conditions/coronavirus-covid-19/testing/how-to-do-a-test-at-home-or-at-a-test-site/how-to-do-a-rapid-lateral-flow-test/)

You can also follow Groundswell's step by step posters available here: [groundswell.org.uk/covid-testing/](https://groundswell.org.uk/covid-testing/)

## What if I have COVID-19 symptoms?

The symptoms of COVID-19 are:

- A high temperature
- A new, continuous cough
- A loss or change in your sense of smell or taste

If you have any of the symptoms above, you **must get a test** called a PCR test as soon as possible. You can order a PCR test online here: [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test).

A PCR test detects whether you have the virus using a different and more thorough method compared to a lateral flow test.

You should try and self-isolate until you get your test result. If you test positive, you will need to self-isolate for 10 full days from and including the day you first had symptoms.

If you are rough sleeping or in shared accommodation, we realise ordering a test and self-isolating will be a challenge. We recommend that you contact support staff from a day centre, outreach team or local support service and let them know your situation.

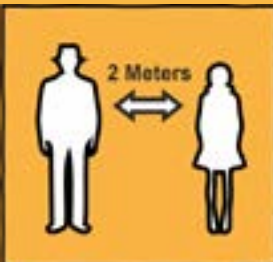
## Continue to follow local restrictions

Even if you have had a negative lateral flow test result and/or your vaccination, it is still possible to pass the virus on.

**Keep following the COVID-19 restrictions in your area** such as regular hand washing, wearing a face mask and social distancing.

You can check what these are online:

[www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do](http://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do).



## Protect yourself and others by getting vaccinated

Anyone experiencing homelessness is now a priority group to have the COVID-19 vaccine.

The vaccine is given in two doses around 12 weeks apart. If you have not had any information about receiving your vaccine, speak to your GP or support worker.

If you are rough sleeping or are not linked up to a GP or support worker, we recommend that you contact support staff from a day centre, outreach team or local support service and let them know your situation.