


Test instructions / Leaflet


For pupils/students (supervised self-swabbing)


NHS
Test and Trace


HOW TO DO YOUR TEST


WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED


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YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- 


YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU
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BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART
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10 SECS
OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE
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REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
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GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS
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YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES
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YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT

COVID-related pupil/student absence – Printable Guidance for Parents and Pupils/Students

The guidance below addresses what a positive or negative test result means for your child and your household, and the support available to you.

What happens if a **close contact** of my child tests positive on a Lateral Flow Device?

- They can consent to take part in ‘serial contact testing’ where they are tested daily for 7 days
- If they test negative, they can remain in school/college that day
- If you or they do not wish to take part, they will need to self-isolate

What if my child tests **negative** for COVID-19 on a Lateral Flow Device?

- There will be no need for them to self-isolate and they can remain in school / college as normal
- Social distancing and face coverings where appropriate will remain necessary

What do I need to do if my child tests **positive** for COVID-19 on a Lateral Flow Device?

- They will need to take a further ‘PCR test’ to confirm the positive result
- Contact the school / college to inform us of the PCR test result which you will receive via text / email
- If the PCR result is positive, your child will need to self-isolate for a minimum of 10 days

How does my child testing positive impact the rest of my household?

- Your household will have to self-isolate for 10 days
- Follow the [latest government guidance](#).

When can my child return to school / college after testing positive for COVID-19?

- Your child can stop self-isolating and return to school / college on day 11 **after the positive PCR test** if they’ve not had a high temperature for 48 hours and are well
- They can return then even if they have a cough or loss of taste/smell as these symptoms can last for several weeks