

COVID-19 COMMUNITY TESTING MOBILE SITE

What to expect

March 2021



Thank you for attending today

You will help us identify people in the local area who do not have symptoms of COVID-19 but are infectious and could spread the virus unknowingly. This will help us prevent transmission of the virus and stop the spread.

Taking the test

The test you are taking today is called a **PCR test**.

We will register you at the test site and record your test on our NHS patient system TrakCare.

A member of our team will take a swab of your tonsils and up your nose.

After you take the test

Your test will be sent to a laboratory to be analysed. You will receive your test results normally within 24-48 hours, though it may take a little longer.

If you attended without symptoms

You **do not** need to self-isolate whilst awaiting your test result. You only need to self-isolate if your test result is positive. You can find further details on this below.

If you attended without symptoms but are a contact of a positive case

You should go straight home and continue to self-isolate in line with national guidance. This applies even if your test result comes back negative. If you go on to develop symptoms, please take another test.

If you attended with symptoms

You should go straight home and stay there until you get your test results. Do not go shopping or carry out any other activities until you receive your results. Other members of your household should also self-isolate. If your result is negative, you can come out of isolation if you have been fever-free for 48 hours. If your symptoms worsen call 111 and seek a re-test.

Test results

You will receive your results by text message – this will contain a web link which you can click on and view your result online. Alternatively, a member of the Health Protection Team will phone you with your result.

If your test results are ‘negative’

This means it is likely that you were not infectious when you had your test. This does not mean you won't develop COVID-19 in the future and there is still a chance you may be incubating the virus. You must still follow all national guidance including staying at home and physical distancing. If you have been asked to isolate for any reason (for example, as a contact of someone who tested positive), you must continue to do so.

Thank you again for your help.

If your test results are ‘positive’

You must self-isolate for ten days from the date of your test.

Test and Protect will then contact you and ask you to identify any close contacts you may have been in touch with.

Everyone in your household and any other close contacts will need to self-isolate for 10 days from the date of your PCR test.

Self-isolation information and support

Self-isolation means staying at home all the time, with no other households coming inside.

- Don't pop to the shops, even if you're wearing a face covering
- Don't go to school or nursery
- Don't take the dog for a walk
- Don't let people come into your home, for example, to bring shopping

Self-isolation may mean that you need extra support for you and your household.

Support at the test centre

Dedicated staff are available on-site to offer practical help.

Staff will be available to advise on access to different kinds of financial support including:

- **Self-isolation support grants** – financial help to meet your basic needs during self-isolation when you are unable to work
- **Crisis grants** – if you don't meet the criteria for Self-isolation Support Grants
- **Fife Council hardship grant**

In addition staff can help you access the COVID Community helpline which is available 24/7.

COVID Community Helpline – 0800 952 0330

or by email – **covid.communityhelpline@fife.gov.uk**

This provides support with food shopping, medications, finances and mental health wellbeing.

Food packages will also be available so that you can go straight home without having to worry about getting to the shops to get supplies.

If you need this kind of help, please ask at our Support Reception. All support is confidential.

Key support links

If you're worried about your mental health, visit **clearyourhead.scot**

If you're worried about your child's mental health, visit **parentclub.scot**

If you're being affected by domestic abuse, call **0800 027 1234** or visit **sdafmh.org.uk**

For more information on our
community testing programme, visit
www.nhs.uk/communities/testing

If you have any questions, please speak
to a member of staff.

STOPPING THE SPREAD STARTS WITH ALL OF US



**FACE
COVERINGS**



**AVOID
CROWDS**



**CLEAN
HANDS**



**TWO
METRES**



**SELF-
ISOLATE**