

COVID-19 COMMUNITY TESTING

Stakeholder toolkit

February 2021



Healthier
Scotland
Scottish
Government



Newsletter content

Fife COVID-19 Community Testing sites for people without symptoms

Around 1 in 3 people with COVID-19 have no symptoms but could potentially be passing the virus on to loved ones, friends and the wider community without knowing it.

NHS Fife and Fife Council are rolling out Community Testing in sites across Fife from February, providing quick and easy testing for members of the public without symptoms.

By getting tested at one of our Community Testing sites you can find out if you have the virus and if you are positive take immediate action to stop the spread of the virus to others by self-isolating. You'll also have access to the kind of confidential support you might need if you have to self-isolate including advice and information on accessing different financial support alongside practical measures such as food packages.

Pop-up testing sites will open across Fife based on the most up-to-date data, such as evidence of higher community transmission. We'll also use additional mobile testing units to allow us to respond to outbreaks and give communities easy access to testing.

By targeting specific areas we can make the most impact and help reduce the spread of COVID-19.

The first pop up testing site will open at the **Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD** on Wednesday, 10th February 2021.

Testing is for people who live in the Cowdenbeath, Lochgelly and Lumphinnans area.

The centre will be open from 8am to 8pm Monday to Friday and 11am to 5pm Saturday and Sunday. You can drop-in to the site during opening hours, there is no need to book an appointment.

Our sites are safe and secure and follow the strictest hygiene and cleaning guidelines. Staff will support and guide you throughout your visit.

When you attend a site please ensure that you are wearing a face covering and continue to follow physical distancing guidance.

Please also dress appropriately for the weather, during popular times you may have to wait to be tested.

If you have a mobile phone bring that with you so you can register and receive your results. If you don't have a mobile phone, we'll make alternative arrangements to ensure you can get your results easily.

Testing is quick and easy with results normally available within a couple of hours.

If you test negative you don't have to take any action but you must continue to follow all national guidance including staying at home and physical distancing.

Don't change your behaviour – you may not have the virus at this time, but it is still circulating and you are still at risk of catching it.

If you test positive we'll ask you to do a confirmatory test. If that comes back positive too, you and your household will have to self-isolate in line with national guidance.

Dedicated confidential support will be available onsite, providing advice on accessing different financial support alongside practical measures, such as, food packages should you need to self-isolate.

Further information and updates is available at www.nhsfife.org/communitytesting

Suggested social media posts



COFFEE AND CATCH UP IN COWDENBEATH

Whatever it means to you, the future is worth testing for.

Around 1 in 3 people with **COVID-19** don't have any symptoms, but can still pass it on.

GET YOUR FREE, FAST TEST NOW
at the Maxwell Centre in Cowdenbeath

NHS Fife Healthier Scotland Scottish Government Fife COUNCIL



FREE FAST DROP-IN COVID-19 TEST

Just because you feel OK, it doesn't mean you don't have the virus.

Around 1 in 3 people with **COVID-19** don't show any symptoms.

Our new test centres will tell you if you have the virus, help protect those around you, and provide support if you need to isolate.

NHS Fife Healthier Scotland Scottish Government Fife COUNCIL



COVID-19 COMMUNITY TESTING

Around 1 in 3 people with **COVID-19** don't have any symptoms, but can still pass it on.

With community testing you can find out if you have the virus, help reduce the spread and get help to stay at home.

NHS Fife Healthier Scotland Scottish Government Fife COUNCIL



1 You could be spreading COVID-19 without knowing it.

Just because you don't have symptoms, doesn't mean you don't have the virus. Protect yourself and others around you.

Visit your local drop-in community testing centre at Cowdenbeath opening on the 10th of February.

www.nhsfife.org/communitytesting

2 Along with vaccination, testing is the most effective way to combat the spread of COVID-19.

If we know who has the virus, we can protect those around them.

Let's take one step closer to getting back to doing the things we all miss as soon as possible.

Protect your family, friends and others in your community by visiting your local drop-in community testing centre.

www.nhsfife.org/communitytesting

4 Getting tested for COVID-19 helps protect those you love.

Just because you feel OK, it doesn't mean you don't have the virus.

Around 1 in 3 people with COVID-19 don't show any symptoms.

Protect your family, friends and others in your community by visiting our free, fast, drop-in testing centres now.

www.nhsfife.org/communitytesting

5 Around 1 in 3 people with COVID-19 don't show any symptoms.

Our local drop-in community testing centre can identify if you have the virus and support you to isolate if you're positive.

Whether it's food, financial support, or even help walking your dog we'll provide advice and guidance on lessening the impact of isolation.

Please don't be put off getting a test because of the effects of isolation.

Let's take one step closer to doing the things we all miss as soon as possible.

www.nhsfife.org/communitytesting

6 Not everyone with COVID-19 shows symptoms.

Community testing sites are rolling out across Fife providing quick and easy testing for members of the public without symptoms. Pop-up and mobile testing sites will open in different areas in the coming weeks.

The first site will open at the Maxwell Centre, Cowdenbeath on Wednesday 10 February for people who live in the Cowdenbeath, Lochgelly and Lumphinnans area.

For further information visit www.nhsfife.org/communitytesting

Resources available

What to expect booklet

**COVID-19
COMMUNITY
TESTING
CENTRE**

What to expect

February 2021

NHS Fife Healthier Scotland Scottish Government Fife COUNCIL

Posters

**COFFEE AND
CATCH UP IN
COWDENBEATH**

**Whatever it means to you,
the future is worth testing for.**

Around 1 in 3 people with COVID-19 don't have any symptoms, but can still pass it on.

With community testing you can find out if you have the virus, help reduce the spread and get help to stay at home.

GET YOUR FREE, FAST TEST NOW

**at the Maxwell Centre,
70 Stenhouse Street,
Cowdenbeath, KY4 9DD**

Find out more at fife.link/testnow

NHS Fife Healthier Scotland Scottish Government Fife COUNCIL

Mail drop flyer

40mm franking

Address label

**COFFEE AND
CATCH UP IN
COWDENBEATH**

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COVID-19
COMMUNITY
TESTING

Take swab sample poster

**TAKE SWAB
SAMPLE**

Step-by-step guide

Need help?
If you have any questions or problems with this test kit, please alert a member of staff.

The swabbing may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain. If there is blood or vomit on the swab sample, please alert a member of staff.

1 Remove your face covering. Look inside your mouth, and find your tonsils at the back of the throat. You can use the mirror to help. Your tonsils or where they would have been if they are removed are where you will swab your sample.

2 Gently blow your nose into a tissue. Throw the used tissue into the clinical waste bin provided. This is so that you get rid of excess mucus.

3 Use hand sanitiser to clean your hands. This is so that you do not contaminate the test kit.

4 Lift up the swab. Check if there is a swab in a sealed pack in front of you. Identify the soft, fabric tip of the swab.

5 Open the package and gently take out the swab. This will be used for both throat and nose.

6 10-15 sec. Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils or where they would have been at the back of the throat with good contact at least 3 times (use a mirror to help you do this). Carefully remove the swab stick from the back of your throat.

7 10-15 sec. Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose). Roll the swab 5 times along the inside of the nostril.

After collecting the sample hold the swab upright in your hand, do not put it down and notify one of the testing assistants. Be careful not to touch any surfaces with the swab. Put on your face covering.

Follow the instructions from a member of staff on what to do next.

Use hand sanitiser after handing in your sample.

Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

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