

## Introduction

Laboratory testing for the respiratory coronavirus disease 2019 (COVID-19) includes methods that detect the presence of virus and those that detect antibodies produced in response to infection.

The test you will be taking is to detect the presence of the virus in your system and as such is looking for current evidence of infection.

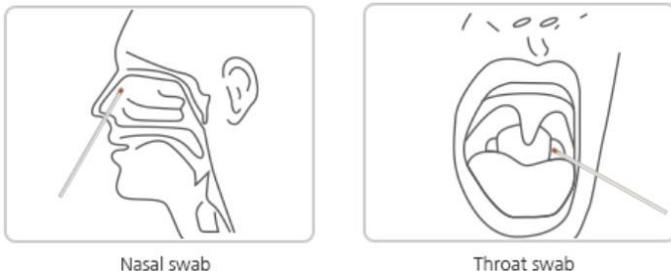
The test shows as Detected from 24 hours after infection with the virus (which is well before the time that you would develop symptoms). If you have been self-isolating for the last 24 hours, it is unlikely that you will be in this dormant phase.

After the test you will be asked to remain in isolation until you mobilise – this is to prevent inadvertent contact with any virus carriers.

## Testing Procedure

You will need to provide photographic identification as proof of identity.

A throat /nasal swab will be taken.



This is sent to the laboratory for testing.

## Results

Turnaround times for results will depend upon which PCR testing modality is used. Our lab-based tests are available same day (usually within 6 hours). Point of care PCR testing has a rapid turnaround (approx. 30 minutes) but has the disadvantage of only testing one sample at a time.

The Operator, or your Employer, will advise you when your test is expected.

Results will be either Detected or Not Detected for the presence of the virus.

You will be notified of the result by the Operator or your Employer.

## Detected

You have a current infection with COVID-19. Although you may not have symptoms yet, you are likely to develop them in the next few days. In most cases this will be a relatively mild disease.

## PCR Test

- Anyone with symptoms who tests positive must self-isolate until 3 days after symptoms resolve or a minimum of 10 days. Should symptoms develop that you feel cannot be managed at home, please call NHS24 Coronavirus advice line on 111.
- Anyone who does not have symptoms and tests positive on PCR should self-isolate for 14 days.
- Close contacts and family members should isolate for 14 days from time of contact with the positive case.
- Testing will now be offered to close contacts through public health.

### Not Detected

- As of the time of the test, you do not have evidence of current infection with COVID-19. Please note that you may still be at risk of infection and as such should continue to follow recommendations with respect to hand hygiene and respiratory hygiene.

### Further Information for Covid-19 Detected test

#### Common symptoms

It is likely that these symptoms will develop 5-7 days after first contracting the virus.

- loss or change to your sense of taste or smell which can last up to 5 days
- a fever, which usually lasts up to 2 days
- a new continuous cough
- shortness of breath
- a loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

#### Stay home except to get medical care

##### **Separate yourself from other people and animals in your home**

- People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Animals: You should restrict contact with pets and other animals while sick. Where possible, have another member of your household care for your animals while you are sick.

#### Call ahead before visiting your doctor

If you have a medical appointment, call the surgery, and tell them that you have COVID-19. It may be possible to undertake a telephone consultation.

## PCR Test

### Wear a facemask

You should wear a facemask, if possible, when you are around other people. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you or should wear a facemask if they enter your room.

### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined bin; immediately clean your hands as described below.

### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are preferred.

Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water and dried before use by others.

### Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

### Monitor your symptoms

In most people the illness is relatively minor and short lived but seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Call NHS 111.

### Discontinuing home isolation

For individuals with symptoms who are confirmed COVID-19 and are directed to care for themselves at home, discontinue home isolation under the following conditions:

## PCR Test

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,
- At least 10 days have passed since symptoms first appeared.

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 14 days have passed since the date of the positive COVID-19 test and have had no subsequent illness.

### Travelling Home

- Even in the absence of symptoms, as someone who is positive for COVID-19 you are at risk of spreading the virus so that travel arrangements should be planned around this.
- Do not use public transport or travel in close proximity to others.
- Use a face mask if possible.
- Ensure that if you cough or sneeze you cover your nose and mouth and ideally cough/sneeze into a tissue which can be disposed of.

### For more information

Please use the NHS Inform website which is updated on a daily basis and may answer any further queries you have.