

Tuesday March 16<sup>th</sup> 2021

Dear Parents/Carers

### **Lateral Flow Testing for Students at Home**

The UTC have completed three Lateral Flow tests on students in school. Students will now be provided with lateral flow tests, in order to test themselves at home.

The expectation is that students test at home twice a week, on a Sunday and Wednesday evenings. For the first test, please test the day you get it home. Students will be supplied with more tests after the initial kit has run out.

If you want more tests for other people at home, you can phone 119 to get them for free.

Students who have the following symptoms should not complete a Lateral Flow test:

- High Temperature
- New persistent cough
- Change in sense of taste or smell.

If students have any of the above symptoms or tested positive on the Lateral Flow tests you should arrange for your child to have a PCR test and they will need to self-isolate for 10 days. If you are awaiting a result of a PCR test **under no circumstance should your child be sent to the UTC**. If a student has been in contact with anyone that has tested positive, then they should also self-isolate for 10 days.

Full instructions on how to complete a Lateral Flow test are in the blue guide book included with the tests or on [\(470\) How to do a COVID-19 Self Test \(rapid antigen test\) - YouTube](#)

- Take care when opening the pack, and keep all the packaging together -the vials of test solution are wrapped in the booklet.
- Lay the test kit out on a table. Make sure the empty plastic test tube is stood upright in the cardboard holder. It might be helpful to have a mirror and a fibre pen or post it note on the table, and a clock or a phone handy to time the test.
- If you have a family doing tests, make sure you put your initials on each test so they don't get mixed up.
- Blow your nose gently on a tissue and bin it.
- Sanitize your hands.
- Snap open a plastic vial of test solution and pour it into the test tube. Don't touch the bottles to the tube.

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- Open a swab at the end away from the soft tip, taking care not to put it down or touch the tip.
- Take a swab as below: secondary age students should be able to swab themselves, primary age students may need help.



- Put the swab soft tip down in the tube.

### Processing the swab

- Open a sealed lateral flow test
- Rotate the swab in the tube for 15 seconds, squeezing the tube against the swab to get good sample transfer. Squeeze the swab through the tube as you withdraw it. Discard the swab in a sealable plastic bag provided.
- Put the dropper cap on the tube
- Put 2 drops from the tube into the sample well labelled S.

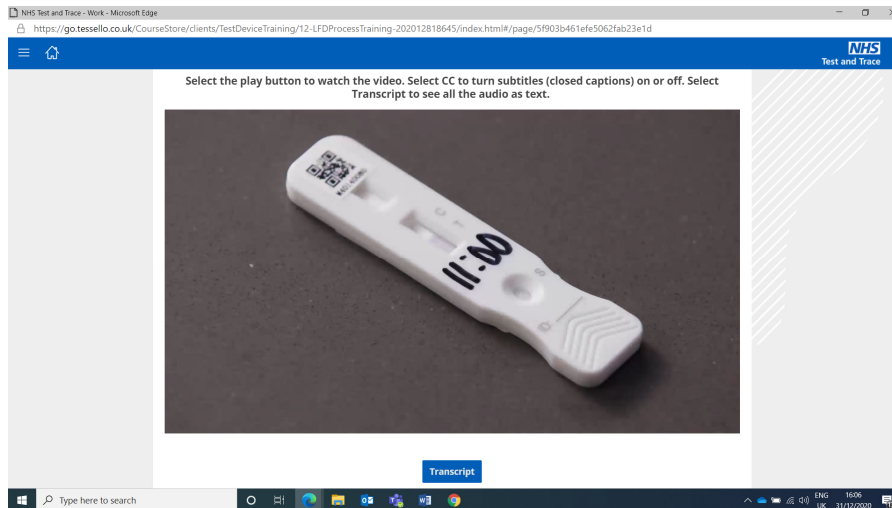
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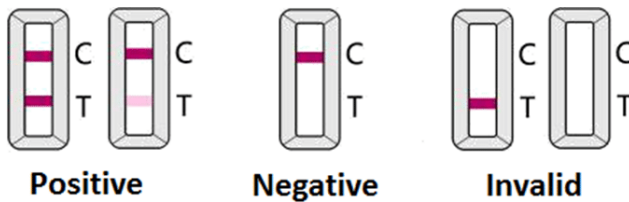
Dispose of the sample tube in the same bag as the swab.

Write the time on the centre of the test with a fibre pen or on the post it note next to it.

(You could set an alarm on your phone for 30 minutes.

Test may be positive anytime within the 30 minutes, but must be checked as negative at 30 minutes

Two lines means a positive result.



Write on the lateral flow test directly with + for positive, - for negative and V for failed

Please submit your results to the NHS on the web link.

Please let school know via the Microsoft forms <http://tinyurl.com/dutclft> of all results.

Put the test in the plastic bag with the swab and plastic test tube -they can then be thrown in the bin.

Clean the area where you did the test.

If you have a void test please repeat it.

Yours Sincerely

*D. Archer*

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