ASYMPTOMATIC TESTING WHEN YOU RETURN TO HGS FROM LOCKDOWN 3
MAKE SURE YOU REMEMBER:

We must keep on protecting each other.
WHY SHOULD I HAVE A TEST? I FEEL FINE!

• Testing is important to break the chains of transmission and stop Covid-19 from spreading through our school and local communities

• Almost 40% of positive cases are asymptomatic. This means you would not feel ill and could be passing on the virus to others without knowing it

• By taking regular tests you will be supporting the NHS and helping to protect more vulnerable people from getting sick

• Please be aware that if you have already tested positive for Covid within the last 90 days, you must not take a lateral-flow test as you may receive a false positive result.
HOW DO I GET A TEST IN SCHOOL?

• When you return to school you will be offered 3 lateral flow tests over the first few weeks

• After that you will be given testing kits to carry out at home (with parental supervision if you are younger)

• The sports hall is being used as our AST (asymptomatic testing centre)
CAN YOU EXPLAIN THE TESTING PROCESS TO ME?

1. Every form has allocated testing times. You will be met at the registration desk where you will be given a testing card and 3 barcode stickers. The barcode links you to your test result later on.

2. Stick a barcode onto the space on your card. Keep the other 2 safe.
OK, I’VE DONE THAT. WHAT HAPPENS NEXT?

1. Move forward to the testing bay as directed and sanitise your hands then blow your nose. Give a barcode sticker to the testing processor.

2. The testing processor will ask you to take a swab, unwrap it and put the packaging in the bin. You are now ready to do your test.
CONDUCTING THE TEST: SELF-SWABBING

• Listen carefully to the instructions you will be given and don’t rush
• Use the advice sheet on the desk to help you-read it before you start
• There is a mirror to guide you
• You will swab your tonsils first, then inside one side of your nose
• Each swab should last for 10 seconds
WHAT SHOULD I DO AFTER I’VE FINISHED SWABBING?

• Very carefully, holding the swab by the long handle, place the testing end in the test tube held by the test processor. The processor will now test your swab for any Covid virus present in your nose or throat.

• Your test is now over and you should follow the one-way system to the waiting area.

• Your test result will be ready in 30 minutes
ONE LAST MESSAGE:

KEEP CALM AND TEST, TEST AGAIN, THEN TEST SOME MORE