

Communication from Deafblind Scotland during the COVID-19 Pandemic

4 May 2021

COVID-19 Testing

Everyone in Scotland is now able to access rapid coronavirus (COVID-19) testing, even if you have no symptoms.

Please note that anyone with COVID-19 symptoms (high temperature, new continuous cough, loss of taste or smell) must immediately self-isolate and book a COVID-19 PCR Test.

Book Online: nhsinform.scot/testandprotect

Or Phone: 0800 028 2816

Greater Glasgow & Clyde Testing Information
tinyurl.com/79xx86bp

Lanarkshire Testing Information
tinyurl.com/nfpd5h8z

Guide/Communicator Support:

If you live in Greater Glasgow and Clyde or Lanarkshire Health Boards, Deafblind Scotland has guide/communicator funding to support deafblind people to access any type of COVID-19 testing. Contact Deafblind Scotland to book g/c support.

If you live in any other health board area in Scotland, and you need advice on accessing testing please contact the Deafblind Scotland Wellbeing Project 0141 777 7774.

Why you should get tested regularly

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others.

Getting tested regularly is the only way to know if you have the virus. If you test positive and self-isolate, it helps stop the virus spreading.

If you **do not have COVID-19 symptoms** you can order home testing kits. These tests are called rapid Lateral Flow Device (LFD) Tests,

and it is only for people who do not have any symptoms of COVID-19.

The LFD test involves taking a sample from your throat and nose using a swab. You can get a result in 30 minutes.

LFD test packs include seven tests. A positive result means people should self-isolate with their household and order a COVID-19 PCR Test to confirm the positive result.

Ordering or Collecting LFD tests

- **Collect** LFD tests without an appointment from local walk-in or drive-through test sites from 3.30pm each day. Visit this website to find your local test site:
maps.test-and-trace.nhs.uk
- **Order tests online** visit test-for-coronavirus.service.gov.uk/order-lateral-flow-kits
- **Phone** (free): 119

Step by step instructions for a home lateral flow device (LFD) test:

Do not eat or drink 30 minutes before taking the test.

You'll need to swab both your tonsils (or where your tonsils would have been) and nose.

The fabric tip of the swab should not touch anything apart from the inside of your throat and nose.

1. Read the instructions that come with your test kit.
2. Clean and dry a flat surface and wash or sanitise your hands before you start.
3. Once you have removed the test strip from its packet, start the test within 30 minutes.
4. Carefully open the extraction buffer sachet/tube.
5. Open the extraction tube and pour in all the liquid.
6. Close the cap and put the extraction tube in the holder
7. Blow your nose.
8. Clean your hands again.

9. Remove the swab from the packet. Do not touch the fabric tip (soft part) of the swab.
10. Open your mouth wide and rub the fabric tip over both tonsils (or where your tonsils would have been if you've had them removed). Do this 4 times on each side. It's normal to find this a bit uncomfortable.
11. Using the same swab, insert it up your nostril until you feel resistance.
12. Rotate the swab in your nostril 10 times.
13. Pick up the extraction tube, open the lid and place the fabric tip of the swab in the fluid in the tube.
14. Firmly press the swab against the bottom-inside of the tube and rotate it around for 15 seconds. It's important to mix thoroughly.
15. Pinch the tube as you remove the swab and put the nozzle cap on.
16. Squeeze the extraction tube to place two drops of fluid on the test strip. Watch out for any air bubbles.
17. Set a timer for 30 minutes and leave the test strip on a clean, flat surface.

Test Results will show on the test strip 30 minutes after taking the test. You must read your result at exactly 30 minutes.

Report your result online on the day you take the test.

www.gov.uk/report-covid19-result

For more information on the COVID-19 vaccination programme visit

www.nhsinform.scot/covid19vaccine

Or phone the Covid Vaccination Helpline
0800 030 8013

Remember that Deafblind Scotland is still here to help, please continue to contact us for information and support.

Phone: **0141 777 7774**

Text: **07715 421 377**

Email: **info@dbscotland.org.uk**