

# Choosing what test to use when testing for Covid-19.

## PCR Testing

## Lateral Flow Testing

This should be used for those who have Covid symptoms regardless of age.

You **will** still need to be tested even if you have been to the doctors as there is no guarantee it is not Covid-19 without a test.

Please **do not** bring your child to school if your child or any family members have the symptoms, please isolate until the PCR results have come back as negative.

These are for people who have no covid-19 symptoms and for those over the age of 11 years and for people who have not been told to isolate.

Please **do not** use a lateral flow test if your child is showing symptoms- you must book a PCR test.

Lateral flow testing results

- ### Coronavirus Symptoms
1. **High Temperature** (This means you are hot to touch on your chest or back, you do not need to measure your temperature)
  2. **A new continuous cough** (this means coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours or if your cough is worse than usual).
  3. **A loss or change to your sense of taste or smell.** (This means you have noticed you cannot smell or taste anything or they smell or taste different to normal).

**Positive Lateral Flow Test**

Isolate the whole household immediately and book yourself a PCR test to confirm result.

**Negative Lateral Flow test**

Carry on as normal and test again in 3-4 days.

**Positive PCR Test**

You must now have 10 days isolation from the day your symptoms began. Your whole household must now isolate with you.

**Negative PCR Test**

You may come out of isolation and carry on as normal.



**After 10 days, you may return to normal activities and work**

Keep isolating, after 10 days if you have any of the following symptoms – High temperature, Runny nose, or sneezing, Feeling or being sick, Diarrhoea. Only stop isolating once these symptoms have gone. If you have Diarrhoea or you are being sick or a Temperature, please stay at home until 48 hours after the symptoms have stopped.

**If you feel well and no longer have symptoms you may return to normal.**

**If you have a test whilst isolating and it comes back negative, you must still complete your full 10-day isolation as you may still develop symptoms within that time. If a member of the household develops symptoms they must book a PCR test and follow the same rules.**