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**Oldham Community Champions**

**COVID-19 Testing Fact Sheet – July 2021**

**Getting tested can help protect you, your family, friends and work mates. It’s easy and free.**

**What if I have Covid19 symptoms?**

* You need to get a PCR test as soon as possible as this is the most accurate way to find out if you have Covid19
* Oldham has test centres all over the borough, open 7 days a week
* It’s best to book an appointment, but if you are not able to book you can walk in to one of the centres. [Book a Covid19 test online if you have symptoms](https://www.gov.uk/get-coronavirus-test) or ring 119
* You must self-isolate until you have the test, and until you receive the result
* It may take a couple of days for the result to arrive, it will be sent by text or email to whoever booked the test

If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user, you can use textphone 18001 119 or the [NHS 119 BSL interpreter service](https://interpreternow.co.uk/nhs119).

**How does the test work?**

* The test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud
* For anyone over 12 you can do the test yourself, for children 11 and under their parent or guardian can do the test for them
* The sample is then sent off to a lab to be tested
* The test is able to identify when someone has the virus from its DNA – if you currently have the virus you will get a positive test result

**What if I don’t have symptoms?**

Lots of people have Covid-19 without experiencing any symptoms so we encourage everyone to get a rapid test, sometimes known as a lateral flow test, twice a week.

* You can do this test easily at home and get a result in 30 minutes
* Like a PCR test the test is taken from a swap of the throat and nose, then there are a few simple steps to follow to get your result. [Watch a video on how to do a rapid test](https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PL3Ptq9NJsBxxsWYS9lFXRhuHc_lKWeENc&index=35)
* You also need to register the test even if the result is negative, this helps us keep track of cases
* You can collect a rapid tests from lots of places in Oldham or order a home test kit. [Find out how to get a lateral flow test in Oldham.](https://www.oldham.gov.uk/info/201170/coronavirus/2557/get_a_coronavirus_test/2)

**What if I get a positive test result?**

* If you test positive from a PCR test you must self-isolate, and people you have been in contact with may also have to isolate and get tested.
* If you test positive from a rapid test you should isolate and get a PCR test as soon as possible to confirm the result, and people you have been in contact with may also have to isolate and get tested.
* NHS guidance: [When to self-isolate and what to do](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/)

**When else might I need to get tested?**

* **Going to hospital** – the hospital will arrange this for you
* **Travelling or returning from abroad** – you may need to pay for a test in order to travel, find out more about [what you need to do to travel abroad.](https://www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19#book-any-covid-19-tests-or-quarantine-hotel-packages-you-need-for-your-return)

**Myth Busters**

**I have been vaccinated so that means I do not need to do a test**

* Having your COVID vaccination does not stop you catching COVID-19 and you may have coronavirus without showing any symptoms so it still important to get tested regularly.

**Test are inaccurate so what is the point**

* No test is 100% accurate, but if tests are done correctly they will identify most positive cases, particularly those most likely to be infectious. Testing regularly can help make sure the virus is picked up.

**Taking a test is painful**

* Most people say the test is uncomfortable but not painful and it is very quick. If you do it regularly you get used to it.