

## **COVID19 – Lateral Flow Testing Kits**

From 9 April 2021, the government introduced their new service open to everyone without symptoms to test for COVID19. You can now pick up lateral flow kits to test yourself at home. Collection points are located across Essex. You'll be able to pick up two boxes of seven tests. They recommend regular twice weekly testing at home to help prevent the spread of the virus. The self-test kits are simple to use and offer quick results.

### **Why should I get tested?**

You may be unaware you have coronavirus if you are showing no symptoms. And you could, unknowingly, be passing it on to family, friends and loved ones. The more of us that get tested, the quicker we can stop the spread.

### **What is a lateral flow device test (LFD)?**

A lateral flow device test (LFD) allows people who have no symptoms to find out if they are infected, but not know it yet. It's a rapid test, and you can get a result within 20-30 minutes.

Most chemists in the area have LFT kits available to collect. Below is a list of some of the chemists in the area that are taking part:

- The Lighthouse Pharmacy, The Street, Little Clacton
- Prescription 2 You Healthcare, Pier Ave, Clacton
- Boots, Old Road, Clacton
- L Rowland & Co. St Johns Road, Clacton
- Clacton Library, Station Road, Clacton
- Lloyds Pharmacy, Jackson Road, Clacton
- GM Graham Pharmacy, Frinton Road, Frinton
- Fourth Dimensions, High Street, Thorpe
- Boots, Clacton Road, St Osyth

### **Uploading your test results**

You must record your test results. Follow the instructions in the test kit or record it on the [NHS Covid-19 App](#). You can also call 119 to report it.

### **If your test result is positive**

If your LFD was taken at home (self-reported), you should self-isolate immediately. You and your household members should follow all this guidance. You should also arrange to have a [follow-up PCR test](#) as soon as possible. If the follow-up PCR test result is negative, you and your household contacts can stop self-isolating. Find out [what you must do and how to get support](#) if you are self-isolating.

### **If your test result is negative**

You must remember to continue to follow [guidance on social distancing](#), keep 2m from other people, and remember – Hands Face Space. If, at any time, you have coronavirus symptoms please refer to [NHS guidance](#).