

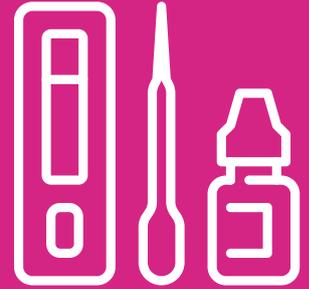
# Covid-19 testing: What you need to know

## Which type of test should I get?

If you have any symptoms, please take a PCR test as soon as possible. Lateral flow tests (LFTs) should only be used if you do not have any symptoms.

If you test positive on a lateral flow test, you no longer need to take a confirmatory PCR test. You should start self-isolating immediately.

If you are identified as a close contact of a positive case (whether in or outside your household), you should engage in 7 days of daily lateral flow tests, ideally before going into school or work each morning.



Children under 5 should not take an LFT – if they're identified as a close contact of a household case they should take a PCR test.

## How long should I self-isolate?

If you test positive by PCR or LFT, you must stay at home for the full self-isolation period of 10 days; day 0 starts from the day of the test if you do not have symptoms, or the day your symptoms start.

If you remain without symptoms, on day 5 and 6 you can do a lateral flow test (24 hours apart) – if both are negative, and you do not have a temperature, you are free to end your isolation on day 6. You can also test on day 7 and 8, or day 8 and 9. This also applies to children and young people who usually attend an education or childcare setting.



After the 10 days of isolation, you can re-enter the routine lateral flow testing programme.

You shouldn't take a PCR test within 90 days of testing positive unless you develop new symptoms. You can, however, continue with routine lateral flow testing.

**Be cautious. Be careful. Be kind.**

## Testing for children and young people

Secondary aged pupils are encouraged to take twice weekly lateral flow tests. LFTs are not recommended for under 5s.

Therefore, children under 5 who are identified as close contacts of positive cases are exempt from self-isolation and do not need to take part in daily testing.

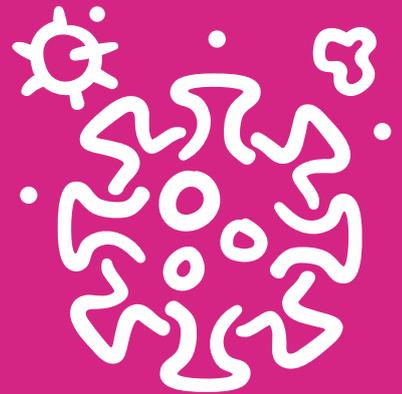
They are advised to take a PCR test if the positive case is in their household.



## Should I engage in routine lateral flow testing?

Everyone over the age of 11 can engage in routine (twice weekly) lateral flow testing. It helps identify the 1 in 3 individuals who have Covid-19 but show no symptoms; and lowers onward transmission in our community.

You can engage in routine testing even if you previously had Covid-19. You can re-enter routine testing after the 10th day of infection.



## How to access testing

To access a PCR test, you can either order a kit to your house or book an appointment at a testing site: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

To access a lateral flow test, you can order home test kits online, collect them from a local pharmacy or collect them from one of our static or mobile test centres.

The latest in-borough test site information can be found here: [www.wokingham.gov.uk/community-testing](https://www.wokingham.gov.uk/community-testing)

**Be cautious. Be careful. Be kind.**