



BRIDLINGTON SCHOOL

Headteacher:
Kate Parker-Randall B.Ed Hons; M.Ed

Deputy Headteachers:
Jane Hornshaw BA Hons; NPQH
Andrew Moncur BA Hons

Bessingby Road
Bridlington
East Yorkshire
YO16 4QU

Tel: 01262 672593

Email: office@bridlingtonschool.org.uk
www.bridlingtonschool.co.uk

[bridschool](#) www.facebook.com/bridlingtonschool [@bridschool](#)

Five easy stages of a rapid COVID-19 self-test



1 Set-up: sanitise testing area and hands, unpack kit, read instructions (Page 6,7,8,9)



2 Swab: throat then nose (Page 10,11)



3 Process test: place swab in liquid in tube, squeeze liquid onto test device (Page 12,13)



4 Read result: ensure test device is on a flat surface, wait and read result at 30 minutes (Page 14)

5

REPORT YOUR RESULTS: (Page 15)

Every result report to NHS Test & Trace

<https://www.gov.uk/report-covid19-result>



Contact the school for Positive and Void results on
office@bridlingtonschool.org.uk or 01262 607393





BRIDLINGTON SCHOOL

Headteacher:
Kate Parker-Randall B.Ed Hons; M.Ed

Deputy Headteachers:
Jane Hornshaw BA Hons; NPQH
Andrew Moncur BA Hons

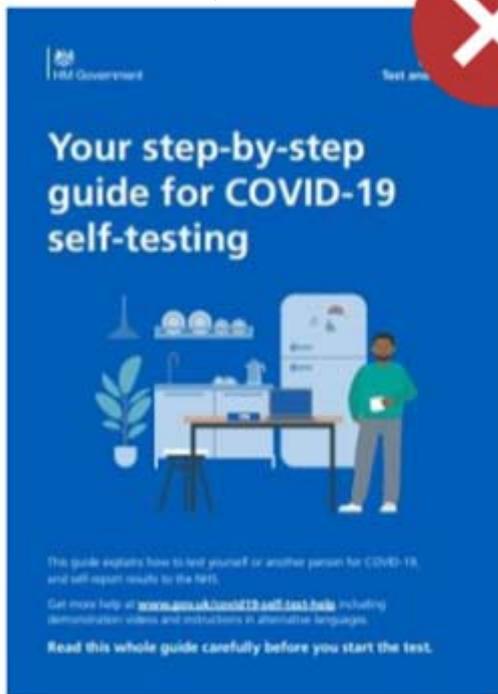
Bessingby Road
Bridlington
East Yorkshire
YO16 4QU

Tel: 01262 672593
Email: office@bridlingtonschool.org.uk
www.bridlingtonschool.co.uk

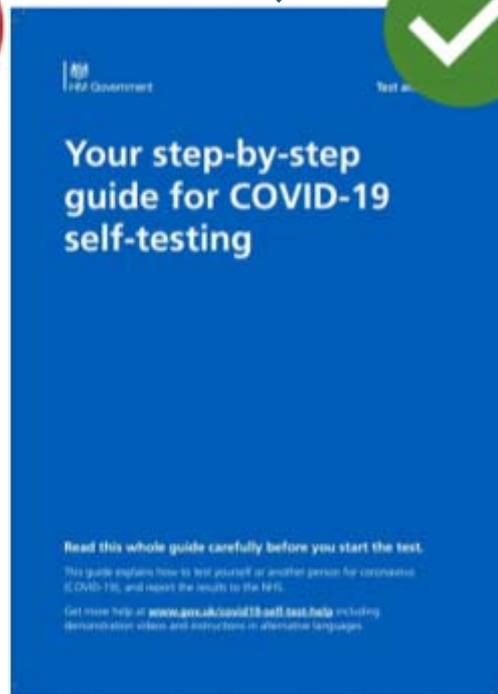
[bridschool](https://www.instagram.com/bridschool) www.facebook.com/bridlingtonschool [@bridschool](https://twitter.com/bridschool)

THE GUIDANCE HAS BEEN UPDATED. PLEASE USE THE CORRECT GUIDE:

Inside the home test kit box you will have the old guide – ignore this.	Use the new guide it is the one we will give you and it has no picture on the cover.
---	--



Old front cover



New front cover





16th March 2021

Student Home Testing: Lateral Flow Devices

Dear Student,

Up to one in three people who have COVID-19 can spread the virus without knowing. This is because they have no symptoms. To reduce the spread of the virus, we need to identify those individuals. We can do this in schools by carrying out tests at home twice every week, 3-4 days apart.

This does not replace symptomatic testing. If you have symptoms, you should self-isolate immediately, book a PCR test and follow national guidelines.

What is in a test kit box?

- There are 3 tests in a box. You have been given 4 boxes and an instruction guide on how to take the test and report the results.
- Leave these kits at home.

What is in the step-by-step guide for COVID-19 self-testing?

The guide tells you how to:

- set up the test at home (page 6-9)
- take the test (page 10-11)
- process the test (page 12-13)
- read the results (page 14)
- report your result (page 15-16)
- safely dispose of the test (page 17)

When do I take the test?

- You should take the test two times every week.
- You can choose to do the test Monday morning and Thursday morning before school or Sunday night and Wednesday night before bed.

How do I take the test?

- [Help and support is available <https://www.gov.uk/guidance/covid-19-self-test-help>](https://www.gov.uk/guidance/covid-19-self-test-help) including instructions in different languages on how to test and report the results and a [video showing you how to take the test.](https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGJ&index=1) <https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGJ&index=1>



Can I take the test myself?

- Students aged 18 and over should do the test themselves and report the result, with help if they need it.
- Students aged 12-17 should do the test themselves with adult supervision. The adult may help the student to take the test if they need support.
- Students aged 11 must be tested by an adult and the adult must report the result.

How do I read the results?

- **You must read your result after 30 minutes – not before and not after.**
- Look at Section 5. Read your results (page 14) in the NHS Step-by-step guide. If you need further help take a photograph of your result and email it to office@bridlingtonschool.org.uk.

How do I report the results?

- Every time you take a test you need to report the result the NHS Test & Trace self-report website: <https://www.gov.uk/report-covid19-result>.

What do I do if I get a negative result?

- You can come to school as normal.
- A negative result does not guarantee that you are not carrying the virus. So, you should continue to follow social distancing, and other measures to reduce transmission such as wearing a face mask and regularly washing your hands.
- You do not need to tell the school if you have a negative result.

What do I do if I get a void result?

1. Report the result to NHS website as above.
2. Take a second lateral flow test at home straight away.
3. You need to contact the school by email on office@bridlingtonschool.org.uk or telephone on 01262 607393 to tell us you have had a void result.
4. If the second test is negative you can come to school and your household can continue as normal.
5. If the second test is void you and your household need to self-isolate and you will need to [book a confirmatory PCR test](#) <https://www.gov.uk/get-coronavirus-test> . You need to contact the school by email on office@bridlingtonschool.org.uk or telephone on 01262 607393 to tell us you have had a void result.

What do I do if I get a positive result?

1. Report it to NHS website as above.
2. Self-isolate with the household and [book a confirmatory PCR test](#) <https://www.gov.uk/get-coronavirus-test>
3. You need to contact the school by email on office@bridlingtonschool.org.uk or telephone on 01262 607393 to tell us you have had a positive result.
4. You and your household must continue to self-isolate and follow government guidance until the results of the PCR test are returned.

What happens if I get a positive Lateral Flow Result but the PCR result is negative?

- The PCR test result comes back negative you and your household will be able to stop self-isolating and you will be able to return to school.



Can I take a lateral flow home test if I have tested positive for Covid-19 in the last 90 days?

- No – Wait until 90 days and then start twice weekly home testing.

Remember:

- A negative result does not guarantee that you are not carrying the virus. So remember:



HANDS



FACE



SPACE



- Taking part in testing is voluntary and you will be able to attend school even if you choose not to take part in testing.

Please contact our COVID Coordinator on office@bridlingtonschool.org.uk if you have any questions or concerns about home testing.

Thank you for your support.

Yours sincerely,



Kate Parker-Randall
Headteacher

Some frequently asked questions

Do I need to give consent to test at home?

No. Students and parents do not give written consent to take part in the home testing programme. Reporting problems or issues with testing.

What do I do if I have a problem with a test kit?

If there is an issue with the test kit, for example something is missing, please report it by calling **119** and please also tell the school.

If an accident or injury happens whilst using the test kit, please seek medical care by calling 111 (or 999 if it is an emergency). Please also report what happened using this website: <https://coronavirus-yellowcard.mhra.gov.uk/>

Refer to the Student Risk Assessment for home testing on the school website.



Are LFD home tests accurate?

Lateral Flow Devices identify people who are likely to be infectious. These individuals tend to spread the virus to many people and so identifying them through this test is important. These tests have been widely and successfully used to detect COVID-19 in asymptomatic individuals and are approved by the Medicines and Healthcare Products Regulatory Agency (MHRA). The speed and convenience of the tests supports the detection of the virus in asymptomatic individuals, who would not otherwise have got tested.

The tests are highly specific, with low chance of false positives. They are also very sensitive and are able to identify the majority of the most infectious yet asymptomatic individuals. Extensive evaluation has been carried out on the tests and it shows that they are both accurate and sensitive enough to be used in the community for screening and surveillance purposes.

It is important to remember that these tests are only an aid to help stop the spread of the virus and you should continue to follow other guidance such as on wearing face coverings and social distancing.

How are LFD tests different to PCR tests?

There are 2 main types of test to check if you have coronavirus:

- Polymerase Chain Reaction (PCR) tests check for the genetic material (RNA) of the virus in the sample - you send the sample for processing at a lab
- Lateral Flow Device (LFD) tests detect proteins called 'antigens' produced by the virus - they give rapid results within 30 minutes

Do I need to send the test to a lab?

No. The LFDs supplied do not need to be sent to a laboratory to get a result and can give a quick result in around 30 minutes. Guidance on self-testing is contained in the 'Instructions for Use' leaflet, which comes with the test kit. There is also a useful video to show you how to administer the test.

How do you report the result?

Once you have taken the test, you will need to report the result to NHS Test & Trace online (whether it is positive, negative or void) using this [service https://www.gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result) . You also need to tell the school the test result if it is void or positive. You will receive a text or email from NHS Test & Trace confirming that you have reported your test result.

Can someone else in my household use a test kit sent home from school?

No, however whole families and households with primary school, secondary school, and college age children, including childcare and support bubbles, will be able to test themselves twice every week from home. This testing can be accessed through the following channels:

get a rapid test at work, through workplace testing. Ask your employer for more information

- attend a test site to get tested where you will be able to see how to take the test or pick up tests to do at home (you can find your nearest test site via the postcode checker www.gov.uk/find-covid-19-lateral-flow-test-site or check your local council website)
- collect tests to do at home, find your nearest collection site [COVID Test Finder \(test-and-trace.nhs.uk\)](https://www.test-and-trace.nhs.uk)

If these options are not possible, there will be a supply of rapid tests for order online for people who need them the most. More information can be found on www.gov.uk/order-coronavirus-rapid-lateral-flow-tests



There is [more information available about testing for households and bubbles of students](#).

How will personal information and test results be shared?

To report your result, you will need to share some information about yourself, so that your test result can be traced.

You need to tell the Department for Health and Social Care (DHSC):

- your name
- your test result
- the reference number on the test Kit

You will also need to tell your school about a void or positive result. Under UK law, your school collects and store test result data because it is in the 'public interest'.

Schools will only share information with the Department of Health and Social Care (DHSC) if the test kits used are found to be faulty. If this happens, DHSC will use our information to contact people who used the faulty tests, so that they can be tested again.

When you report test results online, you are sharing information with DHSC. They will share it with your GP, local government, NHS, and Public Health England. This is so that they can offer you health services and guidance if you need to self-isolate. They might also use your data anonymously (without your name or contact information) to research COVID-19, and improve our understanding of the virus.

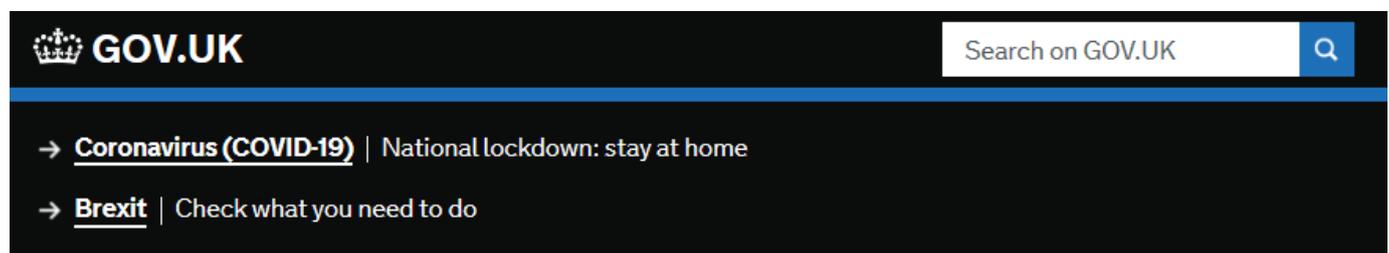
For more information on how personal data is used for testing please see the detailed privacy notice on the school website.





Record your test result on NHS Test & Trace website:

<https://www.gov.uk/report-covid19-result>



[Home](#) > [Coronavirus \(COVID-19\)](#) > [Testing for coronavirus \(COVID-19\)](#)

Report a COVID-19 rapid lateral flow test result

Use this service to report your result to the NHS after using a rapid lateral flow test kit to check if you're infectious with coronavirus (COVID-19).

A rapid lateral flow test is a coronavirus test you do yourself. It shows you the result on a handheld device that comes with the test.

Report the result:

- every time you use a rapid lateral flow test kit
- as soon as possible after you get the result

You cannot report a result after more than 24 hours.

You can only report one result at a time.

[Start now >](#)

