

# Test and Protect

## Personal Assistants

To access testing kits from PPE hubs, personal assistants can phone 0300 0300 303 3020, quoting name and profession (personal assistant) for validation.

The contact centre will advise the best local PPE Hub to pick up the tests. Please read guidance and material [Coronavirus \(COVID-19\): adult care at home testing guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/coronavirus-covid-19/adult-care-at-home-testing-guidance/pages/1-1.aspx)

## Why is staff testing so important?

- **Identifies asymptomatic care at home staff who currently have Covid-19** so they are able to self-isolate if their result is positive.
- **Protects those receiving care** from infection passed to them by care at home staff who are confirmed positive. It also **protects the individual, their families and the wider public**.
- **Prevents and controls the spread of the virus** by identifying asymptomatic cases.
- It is an **additional layer** of protection – and should not prevent or mitigate the use of PPE or infection prevention and control.
- Testing **does not change** with the roll out of the vaccine – the vaccine does not interfere with the covid test and even when staff receive their first and second dose they must continue to take part in testing.

**A Lateral Flow Device Test (LFD)** is a form of **rapid testing** to identify Covid-19 in individuals.

- The LFD detects a COVID-19 antigen, that is produced when a person is already **infected**. As agreed with the Medical Regulator for social care it must be throat and nasal swab.
- Effective for detecting infectiousness in asymptomatic individuals.
- LFDs **do not rely on labs for testing** and offer faster testing for staff (30 mins)
- Upon testing positive staff member must inform employer immediately, isolate and book a confirmatory PCR test.
- Once someone has had a positive PCR test there is no need to resume testing (assuming they remain symptom free) for 90 days as fragments of the virus are likely to remain. If they do develop symptoms again then they should book PCR test.

**A Lateral Flow Device Test (LFD)** is a form of **rapid testing** to identify Covid-19 in individuals.

- Before carrying out their first lateral flow test staff must read the training material, watch the video and answer short multiply choice questions.
  - Guidance document: [LFD care at home staff testing guidance \(NES\) 15 January 2021](#)
  - Video: [How to use the self-swabbing kit for a combined throat and nose swab \(video\)](#).
  - Multiple choice – Competency assessment: [Lateral flow test : competency assessment framework](#)
  - Registering for TURAS [Turas](#) | [Dashboard](#) | [Create Profile \(nhs.scot\)](#)
- They then must have a supervised test by a competent person. The latter does not need to be clinical but someone who is familiar with testing. **Note:** supervised test can be carried out over video.
- Suggest approaching HSCP for first supervision if finding it difficult to meet that requirement – then becomes a form of peer to peer support.

## Multiple choice questions

### Multiple choice questions

- Self-swabbing should be carried out by care at home staff wherever possible? Yes No Please tick the correct answer
- Where should the swab be taken from? a) the throat area only b) the nostrils area only c) both Please tick the correct answer
- The test result should be read after? 10-20 mins 20-30 mins 30 mins Please tick the correct answer
- How many drops of the extracted solution should be put into the well of the device? 2 drops 4 drops 6 drops Please tick the correct answer
- When reading the result at 30 minutes, if there are red lines in the 'C' and 'T' bars on the results panel, what does this indicate? Positive test result Negative test result Please tick the correct answer
- What actions should you take if the test is positive?

## COVID-19 diagnostic swabbing for health and social care staff

Search...



All COVID-19 diagnostic swabbing for health and social care staff

Learn Home > COVID-19 diagnostic swabbing for health and social care staff > Assisting care home visitors to test for COVID-19 using a Lateral Flow Device (LFD)

### COVID-19 diagnostic swabbing for health and social care staff

Assisting care home visitors to test for COVID-19 using a Lateral Flow Device (LFD)

## Assisting care home visitors to test for COVID-19 using a Lateral Flow Device (LFD)

Add to favourites

These resources are for care home staff in Scotland who will be assisting visitors to care homes with obtaining a Lateral Flow Device COVID-19 test.

Download certificate

0 of 1  
NOT STARTED

### Lateral Flow Device (LFD) learning resources

In Progress

Collected training materials are available on the page below. After reviewing the materials click on the 'complete and continue' button at the bottom of the page to record the activity on your Turas Learn learning history.

#### Care home visitor COVID-19 testing learning materials

These resources are for care home staff in Scotland who will be assisting visitors to care homes with obtaining a Lateral Flow Device COVID-19 test.

In Progress

## Training Resources – 2 LFD testing learning materials

**LFD:** [Coronavirus \(COVID-19\): adult care at home testing guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/coronavirus-covid-19/advice-guidance/pages/adult-care-at-home-testing-guidance.aspx)

Guidance document: [LFD care at home staff testing guidance \(NES\) 15 January 2021](#)

Video: [How to use the self-swabbing kit for a combined throat and nose swab \(video\).](#)

Competency assessment: [Lateral flow test : competency assessment framework](#)

Slide-set: [Lateral Flow Device: care at home self-testing slides 15 January 2021](#)

Poster: [LFD testing: poster for care at home staff 15 January 2021](#)

**Helpline 0800 008 6587 (8am-8pm) for questions**

---

# Test and Protect

## Part 1 Lateral Flow Device testing (rapid test)





# Lateral Flow Device COVID-19 Care at Home staff self-testing



COVID-19 self-testing for care at home  
staff using a Lateral Flow Device (LFD)

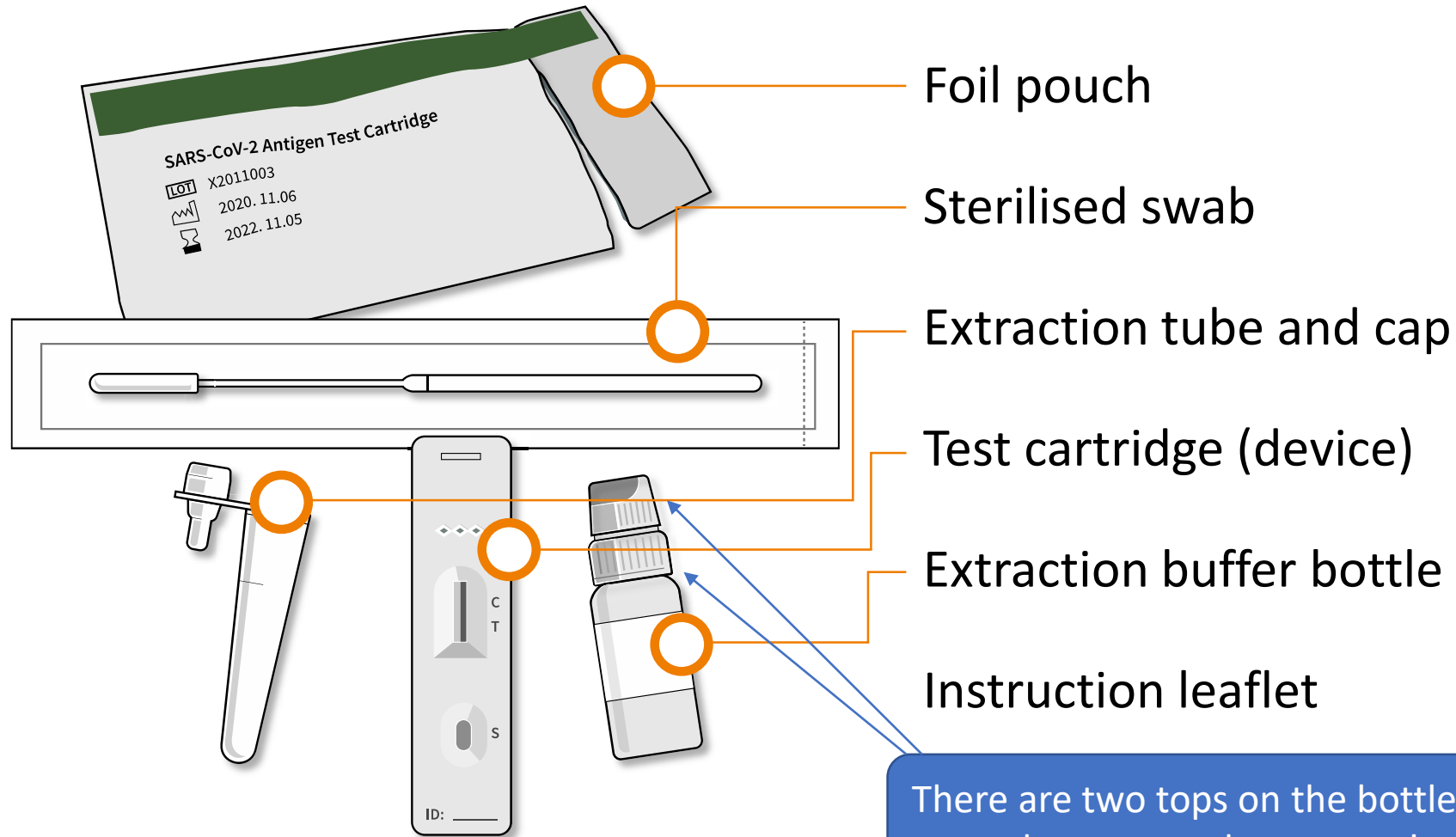


# Overview

**Here is a quick checklist for how to use the COVID-19 LFD tests. It is really important that you follow these steps in the correct order.**

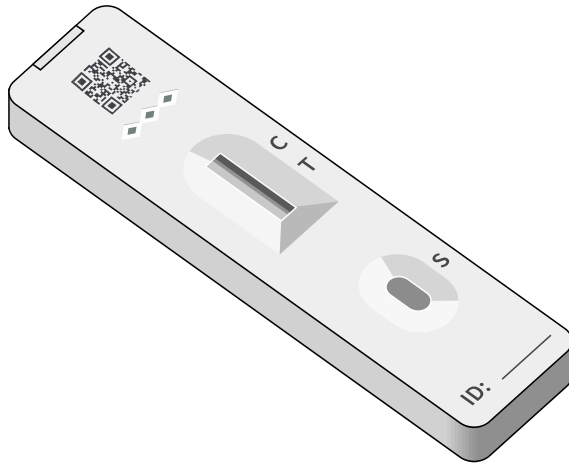
- Prepare the test area and unpack your equipment onto a clean and dry surface
- Perform a throat then nose swab sample
- Process your sample and wait 30 minutes
- Read and report your result
- Safely dispose of test equipment

# LFD Test Kit

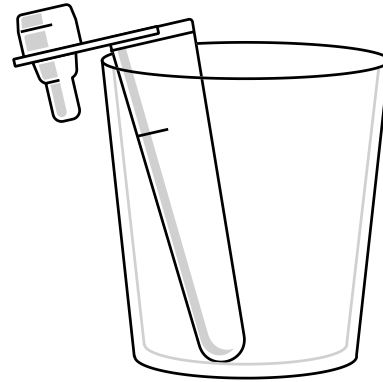


There are two tops on the bottle – only unscrew the **top** one!

# Preparing to perform the test



Place the test cartridge on a clean flat surface



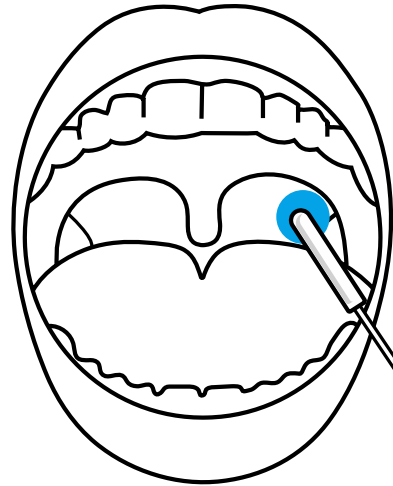
Place extraction tube in a small clean container



Hold solution bottle vertically and dispense 6 drops only of test solution into the extraction tube

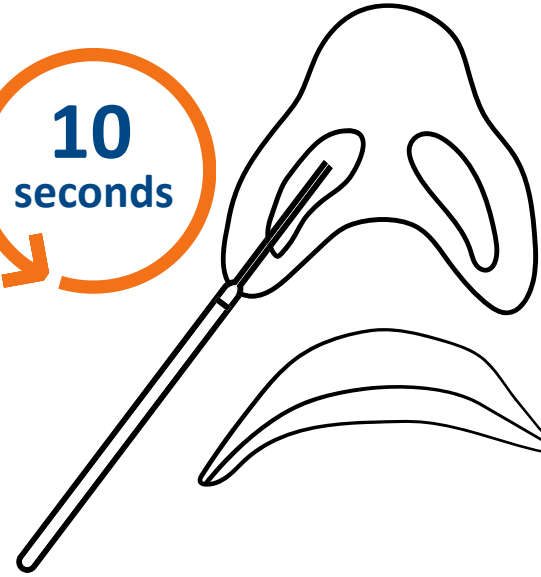
## Taking the swab – throat and nose swab

**10**  
seconds



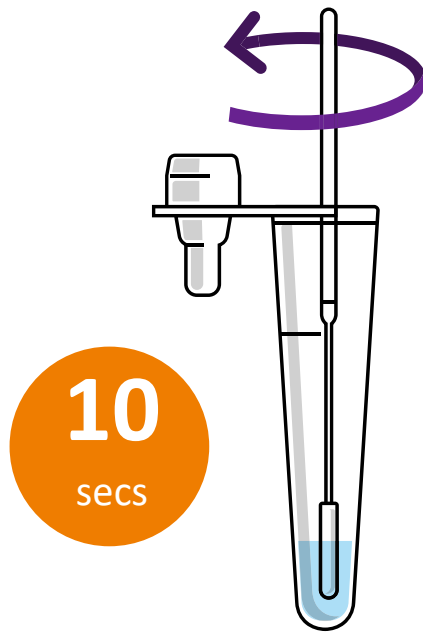
Rub the fabric tip of the swab against both tonsils (or where they would have been). Swab for 10 seconds or 5 rotations

**10**  
seconds

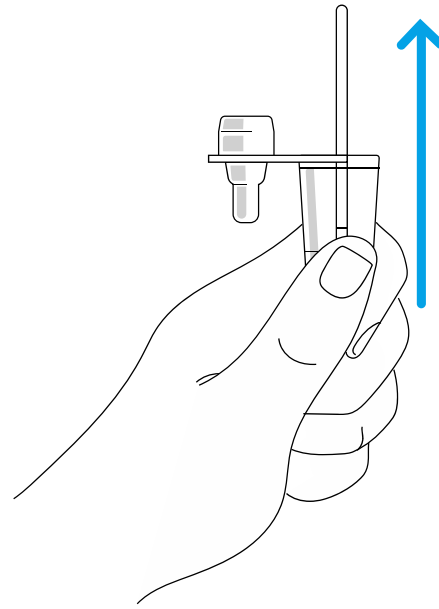


Gently tilt the head back and insert the swab to 2.5cms into the nostril and rotate the swab 10 seconds

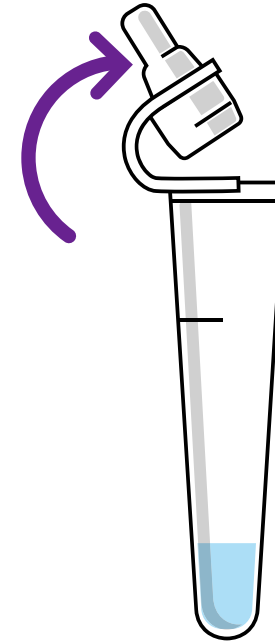
# Performing the test



Swirl the tip of the swab in the solution fluid whilst squeezing the tube from the outside for ten seconds

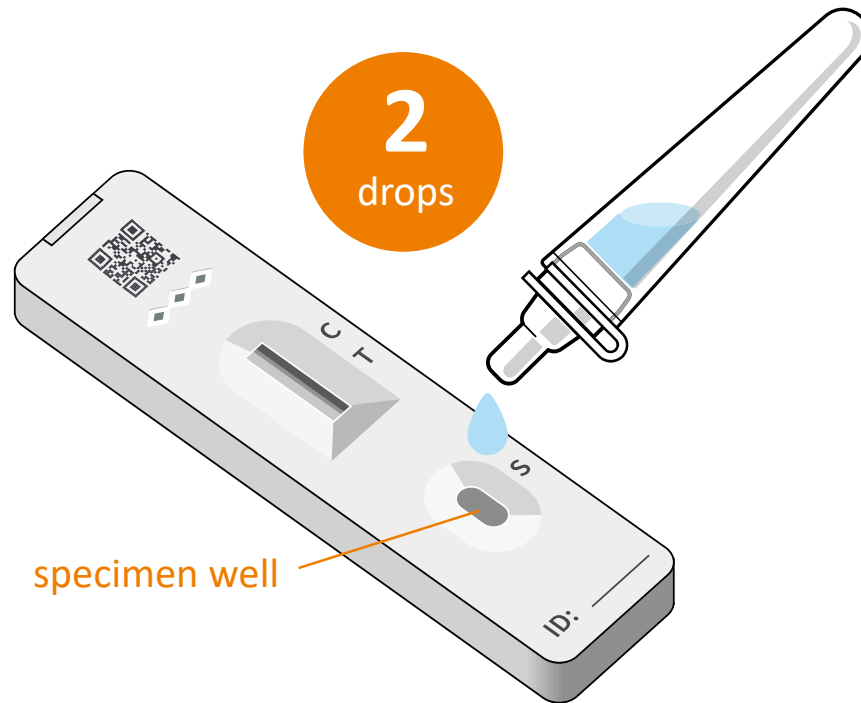


Remove the swab from the extraction tube and dispose into domestic rubbish bag



Tightly place the cap on the extraction tube

# Completing the test

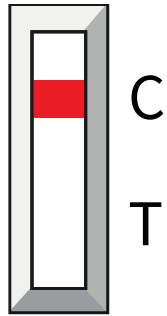


Dispense two drops of the specimen solution vertically into the specimen well on the device: marked S

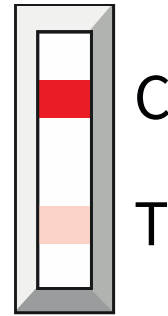
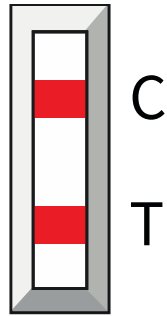


Set a timer for 30 minutes

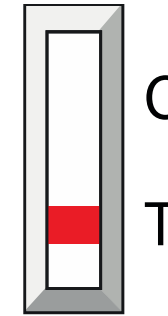
# Results



**Negative**



**Positive**



**Invalid**

**Please note:**

If your test result is negative you should **not** regard yourself as free from infection – the test could be a false negative – you may also go on to acquire the virus in the period before the next test. You should remain vigilant to the development of symptoms that could be due to COVID-19.



# Reporting the results

If the test result is **positive** you and your household must self-isolate and you cannot go to work. You should arrange to take a confirmatory PCR test following Scottish Government guidelines.

## If the test result is **negative**:

You can go to work if you have no symptoms of COVID-19.

If your test result is negative **you should not regard yourself as free from infection** – the test could be a false negative – you may also go on to acquire the virus in the period before the next test. You should remain vigilant to the development of symptoms that could be due to COVID-19.

## If the test result is **invalid**:

Repeat the test with a new test kit.

---

No matter what your test result is it should be recorded using the NHS Scotland Covid Testing and Registration System [COVID Testing Portal](#)

# Disposing of your test

## If you are carrying out the test in your own home:

- If your test is **negative** dispose of the testing equipment in the domestic waste and wash your hands using warm water and soap.
- If your test result is **positive** you should double bag the test equipment including the test solution and store safely for 72 hours before disposing in the household waste and wash your hands.

## If you are carrying out the test in a service based building:

- Carefully dispose of the test device and equipment and then wash your hands using warm water and soap. Do not dispose of in clinical waste (yellow or orange).
- Please see separate detailed guidance regarding disposing of the used tests and other waste and consult your local waste operator for removal arrangements.
- Regardless of the test result **do not** dispose of in clinical waste (yellow or orange bags).

**Disposal advice may be subject to change based upon future waste disposal guidance.**