



Llywodraeth Cymru
Welsh Government

FREQUENTLY ASKED QUESTIONS FOR ASYMPTOMATIC HEALTH STAFF UNDERTAKING LATERAL FLOW DEVICE TWICE WEEKLY TESTING

1. What is asymptomatic staff testing?

Under Test Trace Protect and to deliver on the priorities set out in the testing strategy, a national programme has been rolled out of twice weekly asymptomatic testing of all patient/public facing health and social care staff, using 'lateral flow devices' (LFDs). These devices, which can be self-administered from home, produce results in 30 minutes.

2. Why should I take part in this programme?

This programme is being rolled out to:

- Reduce infection rates in your community
- Protect people at higher risk of infection
- Prevent and reduce the spread of the virus
- To find people who are infectious who don't have symptoms
- To ensure the Test Trace Protect system works more efficiently as you will be traced from your LFD result if positive once it is uploaded on the portal

3. Am I eligible to be part of this national roll out to health and social Care staff?

LFD tests are available to all staff working in health and social care who are in patient/public facing roles.

4. What if I have or I am recovering from COVID-19, do I still need to undertake LFD testing?

You should not commence asymptomatic LFD testing if you have COVID-19, you should wait 90 days from the onset of symptoms/positive test before undertaking LFD asymptomatic testing.

5. When will I receive my self-test LFD test kits?

The programme is being rolled out by Health Boards and Trusts, primary care practices and independent hospitals participating in the programme, who are distributing test kits to their staff.

6. How will I be assessed as competent to complete a self-test LFD test?

Before you commence LFD self-testing you will need to have watched the training video - the link for this is <https://learninghub.nhs.uk/self-swab>. If for any reason you don't feel competent to undertake the test yourself or require further assistance, please speak to your line manager.

7. When is the best time to take my test?

You should test yourself twice weekly every three to four days to fit in with your shift and leave patterns. For example, Wednesday and Sunday, or Monday and Thursday. The test should be carried out in good time before your shift to allow your manager to cover your shift (e.g. the night before your morning shift or the morning before your afternoon shift). You will need to wait 30 minutes after taking the test to find out the results. Please make sure you have a smartphone or other means to register your test and report your results in 30 minutes.

8. How do I upload my LFD result?

You should upload your LFD result by accessing the gov.uk website <http://www.gov.uk/report-covid19-result>

Attached is a PowerPoint presentation that walks you through the portal process.

It is essential that for each test undertaken the test device is registered and the result of the test (whether positive, negative, or invalid) is recorded so that all results flow into the system and **positive results identifying Covid-19 are entered the CRM for contact tracing:**

- The options for staff working for Local Health Boards and Trusts are highlighted in red in the PowerPoint
- The options for staff working for Special Health Authorities are highlighted in green in the PowerPoint
- The options for staff working in primary care settings are highlighted in blue in the attached PowerPoint
- The options for staff working in independent hospitals are highlighted in purple in the attached PowerPoint
- The options for staff working for Care Inspectorate Wales (CIW) and Healthcare Inspectorate Wales (HIW) are highlighted in grey in the PowerPoint

Page 3 of the portal relates to your work base post code. For those staff who work across different sites or settings, please discuss with your line manager which is the most appropriate base post code for you.

The remainder of the portal is self-explanatory.

It is essential that you upload your result, whether it is positive, negative or invalid. Please follow the instructions provided on the portal depending on your result.

9. What should I do if my LFD test is positive?

If you test positive on a lateral flow test, it is essential you self-isolate and book a follow up PCR test immediately:

- The follow up PCR test should be taken within 24 hours of the LFD.
- A follow up PCR test is advised as it is processed at a laboratory and enables samples to be genomically sequenced for any variants of concern and monitored for any changes in the nature of the virus.
- If the PCR test is also positive, you must remain in self-isolation for a period of 10 days from the date of the original LFD test.
- If the PCR test is negative and was taken within 24 hours of the LFD, you and your contacts are no longer required to self-isolate.
- If the PCR test is negative but was taken more than 24 hours after the original LFD, you and your contacts must remain in self-isolation for the full 10 days from the date of the original LFD. This is because the time between the two tests was too long to be confident that the positive LFD was incorrect.
- If you do not take up a follow up PCR test you will be required to self-isolate for 10 days.
- If you have tested positive with a LFD or a PCR test and had to self-isolate for 10 days, you are advised not to take further tests for a 90 day period (unless new symptoms develop).

10. Can I upload my result using a mobile phone?

You can upload your result on your mobile phone if you have access to the internet/4G signal. You can also use a laptop, PC, or tablet device.

11. What if I don't have access to the internet?

If you don't have access to the internet, you can upload your result by telephoning 119. We would encourage as many people as possible to upload via the internet, but this option is available for those who don't have access to the internet.