

An abstract painting with a dark, textured background. The composition is filled with bold, expressive brushstrokes in various colors: vibrant blue, deep red, bright orange, and off-white. The colors are layered and blended, creating a sense of movement and depth. The overall style is reminiscent of mid-20th-century abstract art.

Rapid COVID-19 tests for families

A guide for parents and carers

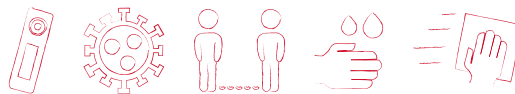
Our pupils' households, childcare and support bubbles can now access rapid COVID-19 test kits for use at home free of charge.

About one in three people with COVID-19 do not have any symptoms but can still pass it on to others. This is why regular testing of people without symptoms is so important.

By taking part in regular testing, you'll be protecting yourself and your loved ones and helping us all get back to a more normal way of life.

Many people across the country are already taking part in asymptomatic testing, including secondary school students and primary and secondary staff. By doing so, they are playing a big role in helping to prevent the spread of the virus.

If you have any children at secondary school and have consented for them to be tested, they will also be given rapid test kits to use at home. With households now able to access test kits free of charge, you could test together with your child to support them through the process.



What is rapid testing?

Rapid testing is a fast and easy way to find out if you have COVID-19.

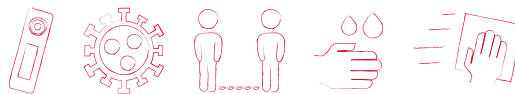
It's a simple swab test you can do at home with results in around 30 minutes.

You should test twice a week, every three to five days, ideally in the morning.

Rapid tests have been widely and successfully used to detect COVID-19 and are approved by the Medicines and Healthcare products Regulatory Agency (MHRA).

Research from Public Health England and the University of Oxford shows that rapid tests are effective at detecting a high viral load in an individual, including currently circulating COVID-19 variants.

To see how the test is done, you can watch this useful video from the NHS by clicking [here](#).



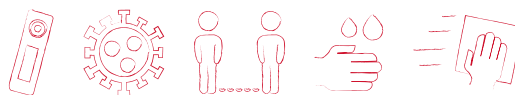
How to get a rapid test kit

You can access testing kits through **your employer** if they offer testing to employees.

You can take a rapid test at a **local test site** where you can swab yourself under the supervision of a trained operator. Find your nearest test site by clicking [here](#).

You can collect two packs of home test kits, each containing seven tests, at a **local collection point**. Most collection points are open from 1.30pm to 7.00pm and you do not need to make an appointment.

You can order a home test kit **online** if you cannot get tested at your workplace or are unable to go to a test site. Click [here](#) for more information.



What twice-weekly testing involves

You will be asked to:

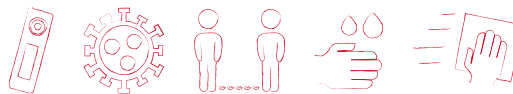
- Take a test twice a week every three or four days apart
- Report every result to NHS Test and Trace on the same day either online by clicking [here](#) or by calling 119

Your result

If you test negative, you can continue to go to work and should still follow all other government guidelines.

If you or someone in your household or bubble test positive, you should all self-isolate immediately. The person who has tested positive should also take a confirmatory PCR test.

If you have tested positive, you can check to see if you are eligible for the £500 Test and Trace Support Payment by clicking [here](#).

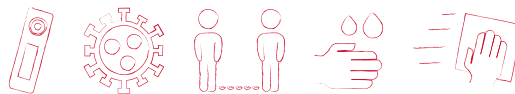


What if someone in your household has symptoms of COVID-19

If you or someone in your household has symptoms of COVID-19, arrange to have a PCR test. Do not use a rapid test as this is only for people without symptoms.

The symptoms of COVID-19 are:

- A new continuous cough
 - A high temperature
- A loss of, or change in, your normal sense of taste or smell



Contact us

With as many as one in three people spreading the virus without even knowing they have it, rapid testing will enable us to better protect ourselves, our loved ones and our communities.

We also want to reassure you that we are continuing to take every measure at the academy to ensure the safety of our pupils and staff.

Please contact us in the usual way with any feedback, questions or concerns. You can also email listen@e-act.org.uk at any time.



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