

COVID-19 testing information for parents and carers



Did you know that there are two types of test available for COVID-19?

All school staff are getting tested twice a week, and we ask that you do too, to help keep our schools safe.

Please read the information below which provides some details of when to take each of the tests.

Rapid testing – if you don't have symptoms

Rapid tests also known as lateral flow devices are for people who do not have COVID-19 symptoms. If you are working outside of your home, out in the community or coming into contact with customers, you are thought to be more at risk of spreading the virus. 1 in 3 people who have coronavirus have no symptoms and will be spreading it without realising putting their friends and families at risk.

School staff are taking these tests twice a week, and if you have a child in secondary school, they will have been asked to take these twice a week too. Rapid tests are also now available for households and bubbles of pupils, students and staff of schools, nurseries and colleges.

Primary age children do not need to take these tests.

How do I get a rapid test?

- You can get tested at one of four rapid test sites across the borough.
[Book a rapid test appointment.](#)
- Walk-in tests are available each day after 11am at the Civic Suite, Catford and The Green Man, Downham.
- You can also pick up a pack of 14 rapid tests for your household at any testing site across Lewisham. See a map of where to pick up tests <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>
- You can [order rapid tests to be delivered to your home](#)

How often should I take a rapid test?

- You should take a test twice a week.
- It takes a few minutes to take a test – [watch a short video demonstration](#) of how to take the test.
- If you take the test at home - you will also get instructions on how to report your result, which helps the NHS stop the spread of the virus, supports communities and helps to save lives.
- Please dispose of your tests in the general waste (black bins) – any paper or card that comes with the tests can be recycled (green bins).

Testing with symptoms

If you have COVID-19 symptoms, stay at home (self-isolate) and get a test.

Go to nhs.uk/coronavirus or call 119.

If you, or your child, have symptoms, you will be asked to take a PCR test at a local testing centre or by ordering a test kit to be sent to your home.

If you're asked to self-isolate, it's really important you stay at home even if you don't feel unwell. You could still be infectious for up to 10 days. [See what help is available if you have to self-isolate.](#)

Tests for anyone who is not feeling well can be booked online via nhs.uk/coronavirus or ordered by telephone via NHS 119 for those without access to the internet.

