

www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-forcoronavirus/ or by calling 0300 303 2713, and they should arrive within 24-48 hours.

You can also uplift the test kits from local community pharmacies.

Please test three days before you plan to travel and then again on the day of departure. If you are positive, this would allow you to self-isolate and book a PCR test

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

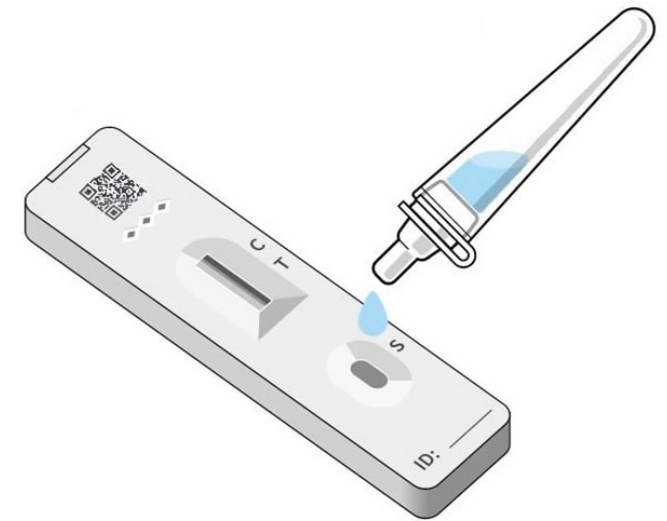
- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.



Bòrd SSN nan Eilean Siar
NHS Western Isles

Health Protection Team

Use of LFD testing kits



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Written by: Health Protection Team, NHS Western Isles.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Information for use of LFD kits for people in
the Western Isles (residents and visitors)

Lateral Flow Device (LFD) tests help identify people who are positive for COVID-19 but do not have symptoms.

How do I use the test?

Instructions on how to use the test and report your results are inside the box.

Further information on how to use the test is available on the NHS Inform website at www.nhsinform.scot. A video is also available on the NHS Inform website at: <https://bit.ly/3xEwiVN>

What if I test positive?

If you test positive with the LFD you should:

- self-isolate immediately along with everyone in your household
- report the result online at: www.gov.uk/report-covid19-result/ or telephone 0300 303 2713
- book a follow-up confirmatory Polymerase Chain Reaction (PCR) gold standard test by calling the Local COVID-19 Testing Helpline on (01851) 601151.

Please note. The (01851) 601151 phone line is to arrange testing for people who are currently within the Western Isles.

If you have travelled off-island and become positive, check the NHS Inform website (www.nhsinform.scot) for testing arrangements close to where you currently are.

What if I test negative?

A negative result does not guarantee someone does not have COVID-19.

It is important that you continue following Scottish Government guidelines and safety precautions.

Reporting your results

It is important to report your results, whether positive, negative or void.

This is because reporting results helps the NHS identify areas where asymptomatic cases of COVID-19 are rising and declining, so we can all keep each other safe.

When you report your result, you will be provided with information on the next steps you need to take.

What if I have COVID symptoms?

If you have COVID symptoms you **should not** use the LFD test.

Instead you should self-isolate and book a PCR test by calling 01851 601151. If unanswered, please leave a message and you will be contacted between 9am-7pm.

Our service operates seven days a week and if you leave a message after 7pm, you will be contacted the following day.

COVID-19 symptoms

- A tickly or sore throat
- Fatigue
- Unexplained headache
- Sore bones, muscle or joint pain
- General flu-like symptoms, feeling unwell
- Gastro intestinal symptoms.

Stop the spike

In recognition of the rising numbers in COVID-19 cases, everyone is reminded of the following key safety measures to keep each other safe:

- keep mixing with others to a minimum
- try to meet people outdoors wherever possible
- try to keep a distance from others
- continue to wear face coverings as it's the law in Scotland
- continue to test twice a week.

Test before you travel

Anyone planning to travel to a Scottish island is being encouraged to test before travel.

This is to reduce the risk of COVID-19 being brought into our smaller island communities by people who are unaware they are infectious.

You can order free LFD testing kits to be delivered to your home from