

# You may feel fine

## But it's good to check



Rapid testing at home is now available for adults without symptoms in households with children in school or childcare.

**Up to 1 in 3 people who have Covid-19 have no symptoms.**

By taking regular tests you can help to reduce the spread of the virus and help those around you stay healthy and safe.

## Why am I being offered these tests?

You could have coronavirus even if you feel okay. That's why the council and NHS are offering Lateral Flow Tests (LFTs) to families with children who don't have any symptoms. **Children under the age of 11 should not be tested.**

By taking part you are helping us to identify people who don't know they are infectious and could pass the virus on to others.

## How does the test work?

The test detects the presence or absence of coronavirus from a swab sample, taken from the nose and throat. The swabs are applied to a small device that is part of the testing equipment and it takes only 15 to 30 minutes to know the result. Taking a test is free.

## Where can I get the tests?

You can collect tests to complete at home from a number of sites across Cambridgeshire and Peterborough or you can order tests to be sent to your home. You can also access rapid tests at the rapid testing sites across Peterborough and Cambridgeshire.

## What should I do if I test positive?

**If you test positive, immediately self-isolate for 10 days.** You must not leave home to go to work or any public place. You must not use public transport, taxis or leave home for food, medicine or exercise. Don't invite visitors into your home.

**If you will struggle financially or need help accessing food or essential supplies, there is help available,** visit [www.cambridgeshire.gov.uk/selfisolationsupport](http://www.cambridgeshire.gov.uk/selfisolationsupport) or [www.peterborough.gov.uk/selfisolationsupport](http://www.peterborough.gov.uk/selfisolationsupport) or call 0345 045 5219.

## What should I do if I test negative?

**If you test negative, you could still have the Covid-19 infection, as the test doesn't identify everybody with the virus.** You still need to follow the national guidelines – keep 2 metres away from others, avoid crowded or poorly ventilated areas, wash or sanitise your hands regularly and wear a face covering.

**For more information visit [www.peterborough.gov.uk/rapidtesting](http://www.peterborough.gov.uk/rapidtesting) or [www.cambridgeshire.gov.uk/rapidtesting](http://www.cambridgeshire.gov.uk/rapidtesting)**

## How will my data be used?

You will need to register your details online and give consent for NHS T&T to process your data and contact you with your results. Find out how NHS T&T will use your data at [www.gov.uk/government/publications/coronavirus-covid-19-testing-privacy-information](http://www.gov.uk/government/publications/coronavirus-covid-19-testing-privacy-information)

Your information regarding the test may be shared with Peterborough City Council. Find out how the Council will use your data at [www.cambridgeshire.gov.uk/residents/coronavirus/coronaviruscovid-19-privacy-notice](http://www.cambridgeshire.gov.uk/residents/coronavirus/coronaviruscovid-19-privacy-notice)