

COVID19 TESTING ADVICE FOR PARENTS – UPDATED 19/08/20

Who can ask for a test?	<p>You can ask for a test for a child who lives with you who has coronavirus symptoms, whatever their age.</p> <p>These symptoms include one or more of the following:</p> <ul style="list-style-type: none">• high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)• new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)• loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal <p>The test must be done in the first 5 days of having symptoms.</p>
How to ask for a test	<p><u>Option 1</u></p> <ul style="list-style-type: none">• Parents to ask for a test online at https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/ <p>Parents will need to provide details such as name, home address, mobile phone number and e-mail address (where booking information / confirmation / results will be sent).</p> <p>Parents will be asked how they want to get the test, either by;</p> <ul style="list-style-type: none">• PREFERABLE - driving to a local testing site (generally easier and quicker to get but dependent on having access to a car) - where a tester will carry out the test (or the parent does if the child is aged 11 or under)• getting a home test kit (can take up to 48hrs to arrive) <p>There are a limited number of home test kits and drive-through test appointments available at any one time. If the website says there are none left, advise parents to check again later as more tests become available every hour.</p> <p>It is advised that you ask the parents to inform you when and where the test will be taking place and to share the outcome of the test results.</p> <ul style="list-style-type: none">• A young person can apply for a test for themselves from the age of 16. <i>(it is advisable to ask parents if they need any help with accessing the website)</i> https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/

	<p><u>Option 2</u></p> <p>Call 119 to arrange a test (child or adult).</p> <p><u>Option 3</u></p> <p>Your child's school can arrange for a local test to be organised via the local hospital lab.</p> <p>Please use the link that has been sent to you to ensure children are tested within the local hospital. https://bit.ly/2VqU4Ue</p> <p>They will call you back and arrange for a courier to deliver and collect the test from your home.</p>
What happens?	<p>The test usually involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.</p> <p>Young people aged 12 or over can do the test themselves or have someone do it for them. Children aged 11 or under cannot do the swab themselves. Their parent or guardian will have to swab test them.</p>
If there is a problem	<p>If a parent has any questions about a test they've booked or are having trouble booking a test, they can call the customer contact centre from 7am to 11pm on <u>119</u> (free from mobiles and landlines)</p>
For schools	<p>Additional information for parents about what happens following the result can be found here www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/</p>