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Coronavirus (COVID-19) Testing for Young People at School



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Lateral Flow Test – What is it?

- A fast and simple way to test for COVID-19.
- For people who don't have symptoms.
- A home test that gives you results within 30 minutes.
- Will let you know if you are asymptomatic – meaning you may have the virus but no symptoms.
- This is important because even without symptoms, you could still pass the virus on to others.



Who can do it?

- Young people in S1 to S6 at local authority, independent or grant-aided secondary and special schools in Scotland can take part in the testing programme.
- All staff in primary, secondary and special schools will also be offered this test.



Where do you get it?

- Your school will give you free lateral flow device test kits.
- They will invite you into school on a specific date or time to collect them.
- Your school will let you know exactly what you need to do and when you should go.
- You will be able to take these to your homes.
- You will likely be given several test kits at the same time to be used for a few weeks.
- These can then be topped up in the future.
- When you pick up your test kit, you will need to sign for it.
- This is so your school can keep track of who has received which tests, so they can be tracked and recalled if there are any problems with them.
- Reminder: When you go to school to collect your kits, remember to wear a face-covering (unless you're exempt) and physical distance from other people not in your household.



When do you do it?

- Twice a week at home
- Three to four days apart
- You are encouraged to do it in the morning before you go to school.
- You should do this before you eat or drink anything (although a small amount of water is OK).
- Think about planning this into your routine.
- You could do it just before you brush your teeth.
- Remember to plan with plenty of time before you leave for school as it takes around 30 minutes to get a result.
- Even if you're not in school full time, so long as you are regularly attending school, you're still encouraged to take the test twice a week.
- If you're still learning from home, you won't be offered testing.



Key information

- You will receive full instructions with your lateral flow device kits when you receive them.
- Make sure you use the updated instructions that the school gives you, and not the ones that are pre-packed in the test kits.
- On the next slide, you will find key steps you will need to do to take the test.
- Reminder: Once opened, the test kit must be used within 30 minutes.



Key Steps

1. Before doing the test, wash your hands.
2. Set up the test and blow your nose three times.
3. Using the swab, you will need to take a swab from your mouth – avoiding your tongue, rub the swab over the tonsils four times each side (or if you don't have tonsils, the area where your tonsils would be).
4. Using the same swab, put the swab up one of your nostrils and rotate ten times.
5. Pick up the extraction tube and put the fabric tip of the swab in the solution, known as the buffer solution.
6. Press the tip of the swab against the wall of the extraction tube with force, whilst rotating it around the extraction tube for 15 seconds. This is to transfer your sample into the liquid.



Key Steps

7. Pinch the extraction tube against the swab as you remove it. Make sure you remove all liquid from the soft tip of the swab.
8. Press the extraction tube cap on tightly (to avoid any leaks).
9. Put two drops of the solution on the test strip of the lateral flow device where it's marked 'S'.
10. You will see the control line (C) begin to appear after about 4 minutes. However, you must wait 30 minutes before your result is ready. Make sure you don't leave the test to develop for longer than 30 minutes before checking for a result as this will likely make the result void.
11. Once your test is complete, put all the used test contents in the small waste bag provided, seal the bag and put the bag in your bin at home



What do your results mean?

- One line next to the 'C' is a negative result.
- Two lines – one next to the 'C' and one next to the 'T' is a positive result.
- One line next to the 'T' is a void result and you should repeat the test using a different lateral flow test kit.
- No lines mean a void result and you should repeat the test using a different lateral flow test kit.



A Negative Result (one line next to the 'C')

- You will still need to register this on COVID-19 test website (gov.uk/report-covid19-result) and should continue to follow FACTS and all the protective measures in school.
- It's really important that you don't let a negative test result affect the way you stick to the protective measures in school.
- You should continue to take tests twice a week (three to four days apart) using the lateral flow device test kits that you have been provided.
- Once you have used all your test kits, speak to your school who will be able to support you and get you more.



Positive (two lines, one next to the 'C' and one next to the 'T')

- You must treat this as meaning you are currently infected with coronavirus and risk infecting others.
- You must report the result online (gov.uk/report-covid19-result) or by calling 0300 303 2713 in Scotland, self-isolate and book a confirmatory PCR (polymerase chain reaction) test at your nearest community or drive through test site or by ordering a home testing kit.
- Make sure to let your school know so that they know you won't be going into school.
- If your PCR test comes back positive and you have the Protect Scotland App, you should also enter the result for your PCR test in the app so that anyone who has been in close contact with you is notified and they can self-isolate.
- Once you have tested positive, you will receive a phone call from someone in the NHS Test and Protect team. They will ask you who you were in contact with while infectious and advice will be provided to them.
- You should self-isolate for 10 days starting from the day of the positive LFD test result. Your school will have arrangement in place for pupils that need to study from home.



Void (no lines or one line next to the 'T')

- If you get a void result, this means the test hasn't worked properly. You should still report your results on the website (gov.uk/report-covid19-result) but you will need to use a new test kit. Speak to your school to get a new test kit organised if you don't have any spare.
- You should not reuse anything from the first kit.



What to do next?

- Once you have got your result, you (or your parent, carer or guardian) should enter the result on the COVID-19 results website, whether it's positive, negative or void, within 24 hours.
 - gov.uk/report-covid19-result
- If you don't have access to the internet or would prefer to use a telephone, you can log your results by calling 0300 303 2713.



Other Information

- You can do the test by yourself if you feel confident enough, but you also might want to ask a parent, guardian or carer to support you.
- If you lose the device or have any issues with it, just speak to your school. They will be able to support you and get you a new device if you need one.
- An example of when you might need to speak to your school could be that something is missing in the kit or if it gets damaged.
- Any of these issues should be reported to the Medicines and Healthcare products Regulatory Agency (MHRA) on 0300 303 2713.
- It is also important to make your parent, guardian or carer aware of any issues you experience.
- Although unlikely, this could be a swab breaking in your mouth, any bleeding or allergic reactions.
- They will be able to help you seek appropriate medical help and report it to the MHRA.
- For more information go to : [Coronavirus \(COVID-19\) Testing for Young People at School | Young Scot](#)



Lateral Flow Test Device Anxiety



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Extra Resources

[Coronavirus \(COVID-19\) Info for Young People | Young Scot](#)

[Coronavirus \(COVID-19\) Testing for Young People at School | Young Scot](#)

[Digital learning from Comhairle Nan Eilean Siar | e-Sgoil \(e-sgoil.com\)](#) (Q&A with National Clinical Director, Professor Jason Leitch)

