



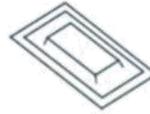
BRADFORD ACADEMY LEARNER HOME TESTING GUIDANCE

Kit Contents

Your kit should contain the following items:



SWAB INSIDE SEALED WRAPPER



TEST STRIP IN SEALED PACKAGING



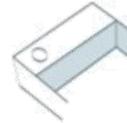
EXTRACTION BUFFER SACHET

Instructions

Full instructions on how to administer the LFD tests are given *alongside* your test kit. Inside your testing kit is a set of instructions.



EXTRACTION TUBE



EXTRACTION TUBE HOLDER (attached to the box)



PLASTIC WASTE BAG

Each test takes approximately 5 minutes to administer and 30 minutes for a result to show.

Please read the instructions carefully.

Learners are required to take their LFD test at home *before school* on a Monday and a Thursday.

How To Test: Set up your test after washing your hands

1

Take the test strip out of the sealed packaging and place onto a cleaned flat surface. Once opened, start the test within 30 minutes.



2

Carefully twist or snap open the sachet.



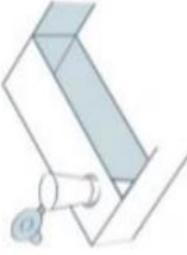
3

Open the extraction tube and gently squeeze all of the liquid from the buffer sachet into the tube.



4

Place the filled tube in the extraction tube holder (attached inside the box) to avoid spilling the liquid.



5

Gently blow your nose into a tissue and throw the tissue away in a closed bin.



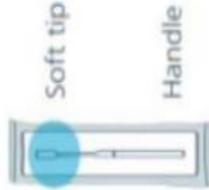
6

Wash your hands thoroughly for 20 seconds using soap and warm water (or use sanitizer).



7

Find the swab in a sealed wrapped in front of you.



8

Peel open the swab packaging only when you are ready to use and gently take out the swab.



How To Test: Swabbing and processing your sample

9

Holding the swab between your fingers, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been). Do this with firm contact 4 times on each side.



10

Put the fabric tip of the same swab gently into 1 nostril until you feel slight resistance. Roll the swab firmly around the inside of the nostril, making 10 complete circles.



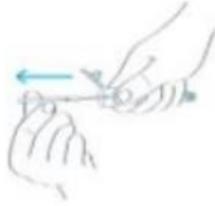
11

Pick up the extraction tube and place the fabric tip of the swab into the extraction tube so it is in the liquid. Press the tip against the edge of the extraction tube with force, while rotating it around the extraction tube for 15 seconds. This is to transfer your sample into the liquid.



12

Pinch the extraction tube against the swab as you remove it. Make sure you remove all the liquid from the soft tip of the swab. Place the swab into the plastic waste bag provided.



13

Press the cap tightly onto the extraction tube to avoid any leaks.



14

Gently squeeze the extraction tube to place 2 drops of the liquid onto the specimen well (S) on the test strip. Place the extraction tube in the plastic waste bag along with the swab.



15

Check the time and set a timer if you have one. Wait 30 minutes before you read your result.



How To Test: Quality checkpoints (1)

General Guidance

1. You can only use each item in the test kit once. Do not re-use the items.
2. If you have problems with your hands or vision, you may need someone to assist you with the swabbing and testing process.
3. If you have a nose piercing, swab the other nostril. If pierced on both sides, remove the piercing on one side before swabbing.
4. If you've had a nosebleed within the last 24 hours, swab the other nostril or wait 24 hours.
5. Do not eat or drink for at least 30 minutes before doing the test to reduce the risk of spoiling the test.
6. Throat and nostril swab is best but if there is a reason why you can't take a throat swab, then swab both nostrils.

Storage

1. Store the test kit at room temperature or in a cool dry place (2°C to 30°C). Do not leave in direct sunlight and do not store in a fridge or freezer.
2. The kit should be used at room temperature (15°C to 30°C). If the kit has been stored in a cool area (less than 15°C), leave it at normal room temperature for 30 minutes before using.



How To Test: Quality checkpoints (2)

Self-swabbing

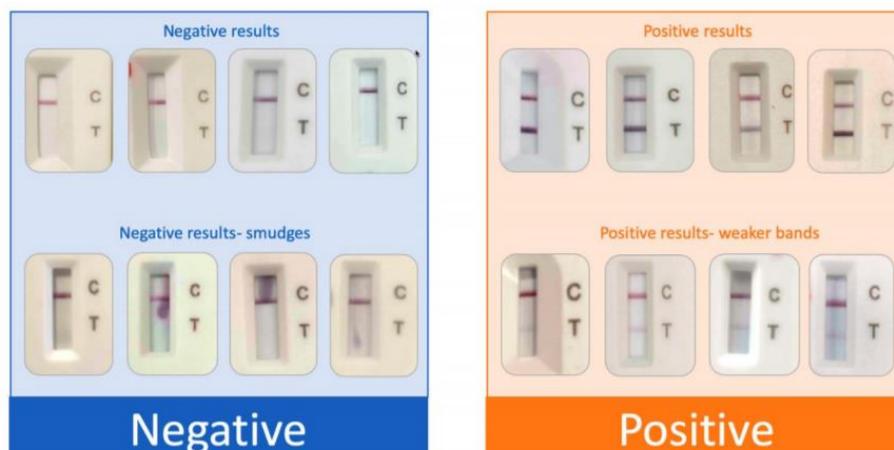
1. You should open your mouth and visually identify the left and right tonsils (or where they would have been) and swab each tonsil four times.
2. The swab tip should be inserted up to 2.5 cm (1 inch) from the edge of the nostril and rolled alongside the lining of the nose.

Sample processing and analysis procedure

1. All of the extraction solution in the pouch should be poured into the extraction tube.
2. Squeeze out all liquid from the soft tip of the swab when removing the swab by pressing on the tube from the outside.
3. Drop 2 drops of the prepared sample into the well of the LFD cartridge.
4. Re-check that the liquid can be seen seeping through the cartridge (not an air bubble).
5. Reading should be taken at 30 minutes, not before, not after.
6. Watch out for weak positive samples - the line of T can be faint.



11



Results



(Example Test ID)

If the LFD test shows negative

If the LFD test is negative, learners can come in to school as normal. You must update the [online portal](#) each time you take the test which is similar to the system used to update your car tax. You will need the Test ID number which can be found underneath.

Bradford Academy Test Number : BHUS

School cannot view the results on the portal so you will need to inform school of your result by completing the survey.

https://forms.office.com/Pages/ResponsePage.aspx?id=qNrr8X7XeES2_nbqg3-hvE1I9yyWWJRGgPFZc5p3-6IUNVQwSFVRWUpONU9YUIY3TIJUODJYWVVISS4u

These links can also be found on the Academy Website

If the LFD test shows positive

- 1) Stay calm! A positive LFD test may not necessarily mean you are positive for COVID-19. You must inform school by contacting Philippa Darbandi on 01274 256789 immediately.
- 2) You and your household must then begin the isolation period of 10 days as per government guidance.
- 3: You must also get a PCR test to confirm the Positive result.

3) Please choose the following options online:

Is the person who needs a test an essential worker?

Essential workers include NHS staff, teachers and transport staff. Check the [full list of essential workers on GOV.UK](#).

- Yes
 No
 I don't know



Does the person who needs a test have coronavirus symptoms?

The main symptoms of coronavirus are:

- a high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

Most people with coronavirus have at least one of these symptoms.

- Yes, at least one of these symptoms
 No, none of these symptoms

Has the person been asked to get a follow-up test?

For example, their first test was unclear or they need to confirm a possible positive result.

- Yes
 No



Why has the person been asked to get follow-up test?

- They got a positive result and were told to confirm this with another test
 Their previous test was unclear (void)
 Another reason

Is the person who needs a test part of a trial or government pilot project?

For example, they:

- are taking part in community testing
- have been invited to take part in the Contact Testing Study
- were told to get a test by the COVID Symptom Study app (by ZOE)

- Yes
 No



Tell us which pilot or trial it is

- The person was told to get a test by the COVID Symptom Study app (by ZOE)
 The person is taking part in community testing
 The person has been invited to take part in the Contact Testing Study

- Choose this option if you had **two** void tests.

4) You must update the [online portal](#) which is similar to the system used to update your car tax. You will need the test ID number which can be found underneath the LFD test strip.



If the LFD test has one 'void'

You must use one of the other test kits to repeat the test. If the test works the second time round, please follow the instructions above for either a positive/negative test result. You must also update the [online portal](#).



If the LFD test shows two 'voids'

This is very uncommon. In the event of two voids, you will need to [organise a PCR test](#).

FAQs

Should I use the LFD test if I have started to develop COVID-19 symptoms?

No, the LFD test should only be used if you are asymptomatic. If you have developed COVID-19 symptoms, you must self-isolate immediately and [organise a PCR test](#), you can do this via a test centre or we have some postal tests at school.

Should learners continue testing if they have already contracted COVID-or if they have received the vaccine?

Yes, learners can still be involved as this helps to understand the effects of the vaccine and to also identify if individuals can test positive for COVID-19 more than once.

Can I give one of the LFD tests to another household member?

No, the LFD tests must *only* be used by the named learner. Other household members should access PCR tests in the normal way if they are symptomatic.

Does a negative test result mean I can stop my isolation period early if I previously tested positive and it hasn't been ten full days?

No, government self-isolation advice should be followed at all times. This test does not remove the need to self-isolate.

Do the tests need to be stored in certain conditions?

Tests can be stored in normal household conditions (between 2°C and 30°C). They do not need refrigeration but should be kept out of direct sunlight and not be exposed to heat.

Questions

If you have any specific questions, please ask.

Quick Links

Reporting every LFD test
(online portal)



Step by step guide to COVID-19 self-testing
(This is the NHS version but will be updated when the education version is released – the test administration is the same but the reporting is different)

To book a PCR test

