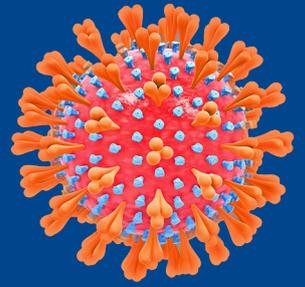


# Lateral Flow Tests



You may be asked to have a **lateral flow test** for Covid. These quick tests help stop the virus spreading.



Check in at the testing area - wear a mask and use hand gel



Say if you are happy to have the test and share your info



They will ask for  
- date of birth  
- gender  
- ethnicity  
- contact info



Do the test - swab the very back of your throat, both sides



Stick the same swab into your nostrils and twirl it around



You will get your result quickly - by phone, text or email



If you test positive you will need a **PCR test** then self-isolate



If you test negative, carry on keeping safe as usual



**Don't worry - someone will help you on the day**