



Regular rapid testing myths and facts

We've come a long way – shops, stadiums, cinemas, theatres, and night clubs are fully open for business again, along with many more of our favourite places. But Covid-19 is still with us and we need to live safely with the virus. Around 1 in 3 people who have Covid-19 have no symptoms and can spread it without knowing. Rapid Covid-19 testing twice a week even if you don't have symptoms will help protect you and your family, friends and colleagues.

Here, we answer questions you may have about doing this and how it can help keep life moving.

If I don't have any symptoms, why do I need to test for Covid-19?

Around 1 in 3 people who have Covid-19 have no symptoms and can spread it without knowing. Rapid Covid-19 testing twice a week even if you don't have symptoms will help protect you and your family, friends and colleagues.

What if I test positive and need to self-isolate, but cannot afford it?

If you're on a low income, cannot work from home and face financial hardship because you have to self-isolate, you may be able to get a **support payment of £500**. You could also get this payment if you're the parent of a child who's been told to self-isolate.

To find out more, go to [gov.uk/test-and-trace-support-payment](https://www.gov.uk/test-and-trace-support-payment) or, to apply, contact your local authority.

What if I have mild symptoms?

Mild symptoms for you could be serious for someone else. Taking a test and staying at home helps stop the spread of Covid-19.

Why do I need to submit negative or void results?

If people only report positive results, virus cases look higher than they really are. So if yours are negative or void, make sure you tell us. You could even help stop another lockdown.

You can report your results online at [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result) or by calling 119 (you'll find support in 200 languages here).

Isn't getting hold of a rapid test difficult?

Not at all. Rapid tests are free, easy to get and you have your results within 30 minutes. You can pick them up at most pharmacies and online:

- Visit [nhs.uk/Get-Tested](https://www.nhs.uk/Get-Tested)

OR

- Call 119 (Calls are free from landlines and mobiles. Lines are open every day from 7am to 11pm, and you can get support in 200 languages)

Isn't it hard and painful to do the test?

No, it's not. You might find taking a sample for a rapid test a little bit uncomfortable, but it's certainly not painful.

Taking the test is easy, and each one comes with an **easy-to-follow guide**.

Five easy stages of a rapid Covid-19 self-test	 1 Set-up: clean testing area and hands, unpack kit, read instructions	 2 Swab: throat then nose
	 3 Process test: place swab in liquid in tube, squeeze liquid onto flat test device	 4 Read result: keep test device on flat surface, wait and read result in 30 minutes

How do I know my data will be handled sensitively?

Your data is a big help in our efforts to defeat the virus and keep the public safe.

Any data you give us is confidential, and we use strict security measures to keep it safe. In line with data protection laws, we will not share your personal information with anyone else unless it's absolutely necessary to do so (for example, we may share some data with a partner organisation so they can deliver test kits to your home).

For full details go to:

[gov.uk/test-and-trace-privacy-information](https://www.gov.uk/test-and-trace-privacy-information)

Testing regularly protects us all.
Order yours at [nhs.uk/Get-Tested](https://www.nhs.uk/Get-Tested) or call 119