

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 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.

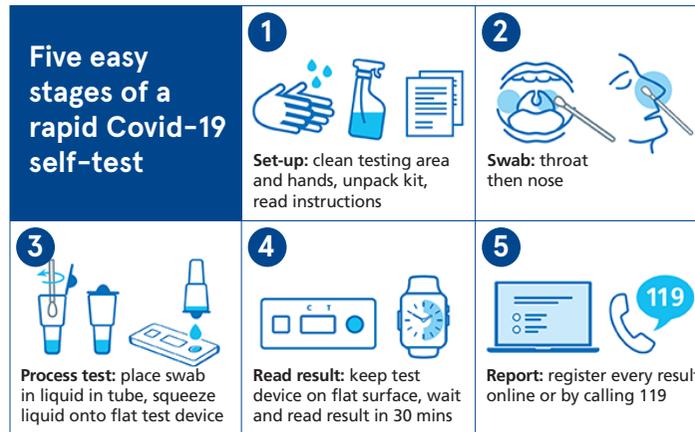
You can pick them up at most pharmacies, order it online nhs.uk/Get-Tested or by calling 119. Calls from landlines and mobiles are free.

Lines are open every day from 7am to 11pm and support is available 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.

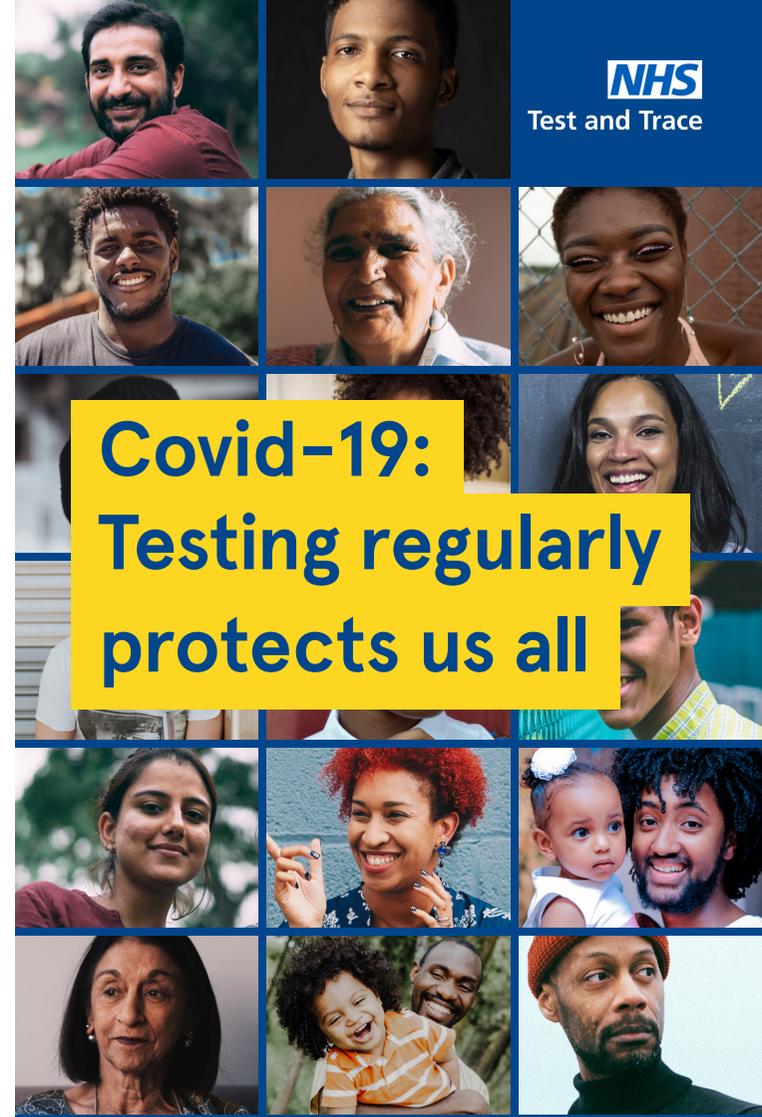
Taking the test is easy, and each one comes with an easy to follow guide. Plus, as you can expect your results within 30 minutes, you will not need to wait for long.



How do I know my data will be handled sensitively?

Your information 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 full details go to gov.uk/test-and-trace-privacy-information



**Covid-19:
Testing regularly
protects us all**

**Common questions
about rapid testing
answered**





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. Lets keep life moving.

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

Around 1 in 3 people with Covid-19 show no symptoms and can pass it on without knowing. So even if you think you don't have Covid-19, taking a rapid test twice a week can help keep you and those around you safer.

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.

If members of your family go out to work, **encourage them to test themselves regularly** and let them know about the financial help that's available if they need to self-isolate.

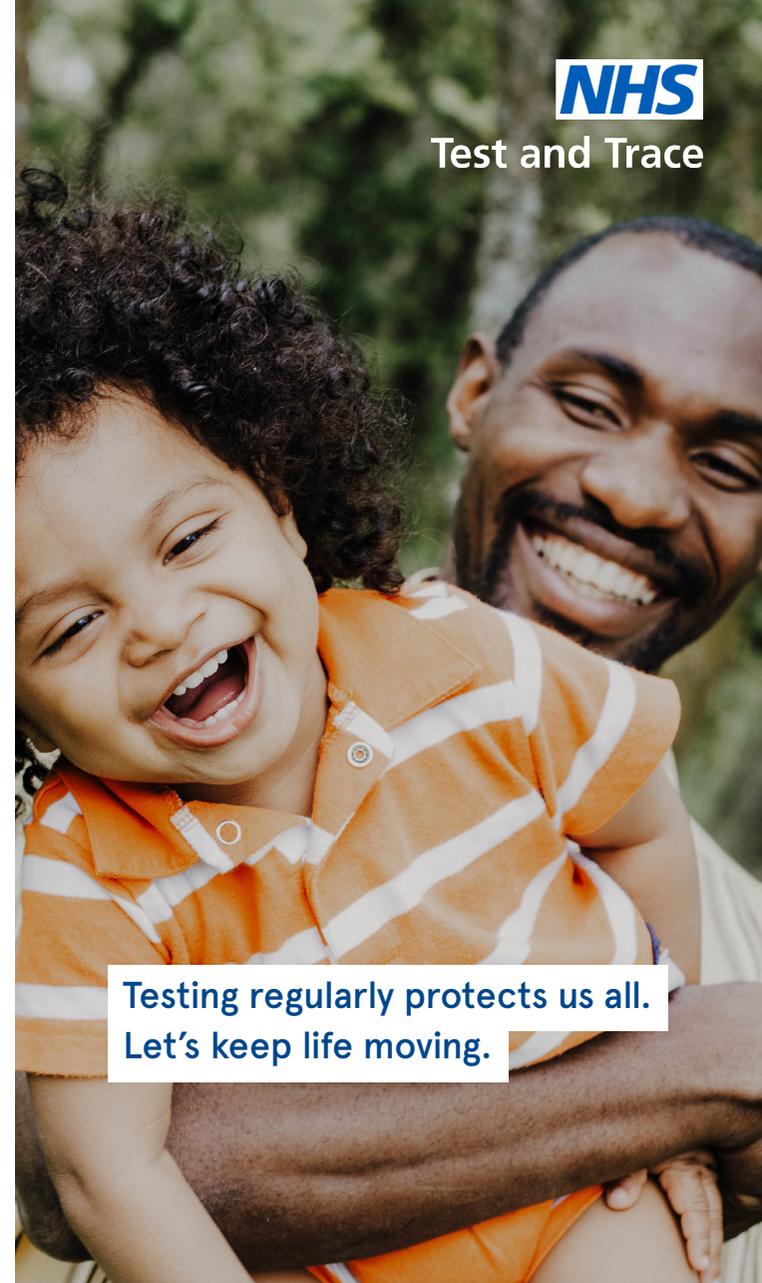
To find out more, visit [gov.uk/test-and-trace-support-payment](https://www.gov.uk/test-and-trace-support-payment) or contact your local authority to apply.

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



Test and Trace



Testing regularly protects us all.
Let's keep life moving.



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