**Lateral Flow Testing**

**Info and FAQs for Staff and Students**

Perth College UHI is working with the Scottish Government to provide free, regular, Covid-19 lateral-flow testing (LFT) for all our students and staff. While the tests are voluntary, we strongly encourage you to make use of them at home when they become available.

The ultimate aim of testing is to break the chain of transmission of COVID-19. As many as one in three people with COVID-19 show no signs of having it, that is they are ‘asymptomatic’.

Testing helps us to identify and isolate more asymptomatic people who test positive and are therefore, more likely to spread the virus, at the same time as minimising disruption for those who test negative.

The test kits contain 7 tests so will cover 3.5 weeks and you undertake the tests twice a week 3-4 days apart and are for anyone who **does not** have symptoms of Covid-19.

If you are displaying symptoms or think you might have coronavirus, **do not** come in to college. Students should let us know by contacting their PAT and college staff should inform their line manager in the first instance. You should also arrange to take a further coronavirus test, known as a PCR test, at a local testing station. You can find that information online at [NHS Inform](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing).

**What does the LFT test involve?**

The test involves taking a swab from your mouth and nose. This helpful NHS video shows how to administer the test at home: [Step-by-Step guide to Covid-19 Self-Test.](https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYlVg7lwH5uxAD9UrSzGJ)

You will be able to see the results within 30 minutes, and should then enter your results on the NHS website. Full instructions are supplied with each kit.

The test is an effective way of screening for people who may just be positive, or may be spreading the virus without having symptoms themselves.  If you get a positive result, you should not come into college. You should arrange to have a separate [Covid-19 (PCR) test](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing) to confirm your results, and should let us know how you are by contacting your PAT (students) or your line manager (staff).

To identify as many cases as possible, the Scottish Government is recommending that you take two tests each week, ideally three days apart. For example, if you are on campus five days a week, you should test twice weekly, on a Monday and a Thursday, say, before coming in to college.  If you cannot take two tests, one test can still provide some reassurance. A negative test means that you do not have the virus at the time of testing, but it does not protect you from becoming infected later and spreading the virus.

**Eligibility**

Lateral-flow testing is available for all students enrolled at Perth College UHI and all staff.  It is for those who do not have symptoms of Covid-19 and would like to be tested. If you have previously tested positive for Covid-19, you should not take a test unless your previous positive test was more than 90 days ago.

**Why should I take this test?**

It can help reassure you that you’re not infectious and are therefore unlikely to pass on Covid-19 to others and to contribute to the wellbeing of our college community. It is not, however, an absolute guarantee that you do not have Covid-19.

**Do I have to take a test?**

It is entirely up to you. Whilst we do very strongly recommend it, particularly given the increasing prevalence of new variants of coronavirus in the UK, the test is voluntary.

**How do I get the test?**

We are arranging to start issuing test kits from the 3 May 2021 and further details will be provided in due course, the testing kits will be made available free of charge, at the Crieff Road campus. Tests should be conducted at home, and before you next come in to college. You will be required to sign a consent form to obtain a test kit and you should follow the instructions about reporting the results from these tests on the NHS portal (details are provided with the test kit). We will record that you have received a test kit and are required to retain this data for a period of 1 year and more details are set out in the privacy notice.

**I’m not in College. Will the test kit be posted to me at home?**

No. The testing kits can be collected in person only as it is only for staff and students who are coming onto campus.

**Will the College be informed of my test results?**

No. The test is personal to you. We will not be informed of your test results. However, if you are a student and test positive, please let your PAT know (students) or your line manager (Staff) or you can email [covid19.perth@uhi.ac.uk](mailto:covid19.perth@uhi.ac.uk) as soon as possible and alert [NHS Test and Protect](https://www.nhsinform.scot/campaigns/test-and-protect).

In order to access the tests, you will need to give your written consent to allow your data to be handled. Further details of this will be provided soon.

Lateral flow test results will be notifiable to NHS Test and Protect. Results will also be sent to your Doctor and Public Health Scotland.

**Will it provide evidence that I am 'fit to fly'?**

The test is intended to provide reassurance to you, your colleagues, and your family and friends, but should not be regarded as 'fit to fly' evidence and may not be accepted by travel companies and airlines as such.

**I need to quarantine when I arrive in Scotland. Should I still take a test?**

Yes, it is still recommended that you are tested. However, you must not come on to campus while quarantining and should only take a test once your period of quarantine (currently ten days) has been completed.

Please note that Scotland does not participate in the 'Test and Release' scheme.