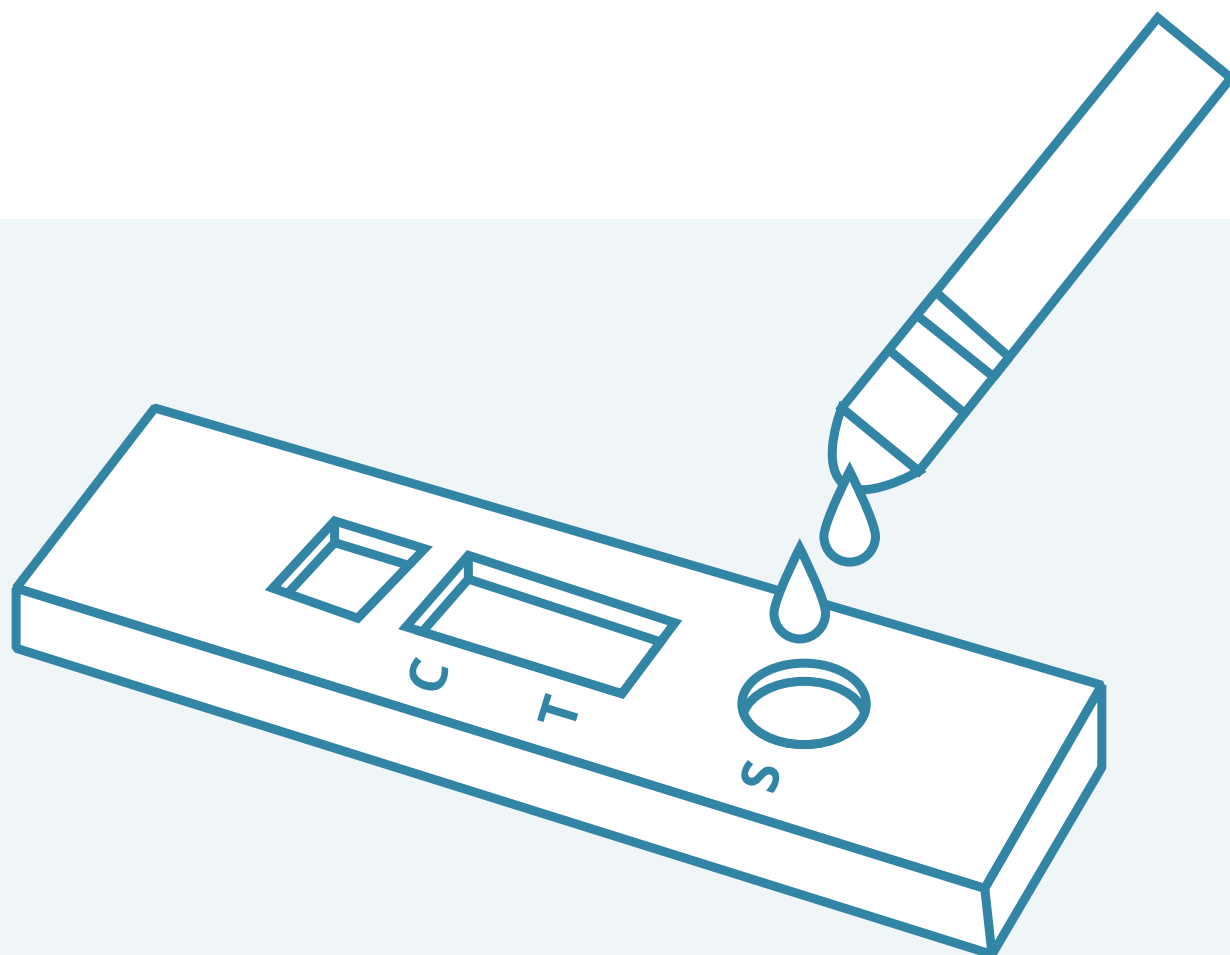


A guide for asymptomatic self-testing for coronavirus using a Lateral Flow Device (LFD)

This guide will help you remain well and keep you safe.



About this test

This test is part of the States of Guernsey's response to the pandemic and its commitment to controlling infection. Please follow this information leaflet that has been specifically designed to support this, rather than the technical instructions that are included in the box from the original manufacturer.

Overview

You should test yourself twice a week, every 3 to 4 days – for example, every Monday and Thursday or Wednesday and Sunday. Tests must be completed in the morning.

You must only use this test kit if you are **asymptomatic** and **if you are unvaccinated**. If you have any symptoms of COVID-19, you must stay home, contact your line manager and contact the Clinical Helpline (01481 756 938 / 01481 756 969).

Here is a quick checklist of the steps you will take when using the COVID-19 LFD tests. It is really important that you follow these steps in the correct order.

- 1 Prepare your test area and unpack your equipment
- 2 Take your swab sample (nasal swab only but swabbing both nostrils)
- 3 Process your sample and wait 30 minutes
- 4 Read your result
- 5 Record and report your result
- 6 Safely dispose of test equipment

Remember, store the test kit at room temperature – not in direct sunlight and not in a fridge or freezer. Keep the test kit away from children and pets

What should be in the box when I open it?

Each box/testing kit will contain the following:

- 25 foil pouches containing the test strip (and a desiccant)
- 2 vials of 6mls buffer solution
- 25 extraction tubes and 25 tube caps
- 25 sterilised swabs for nasal sample collection

Other items not included in the box that you will need to have with you when you do your test:

- A small container (for example a small cup) in which to place the extraction tube so it doesn't fall or get knocked over and spill the contents

A timing device (for example your phone stop watch or kitchen timer) to make sure the test runs for its 30 minutes and no more.

Before you start

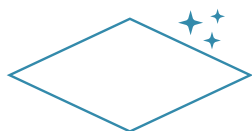


Read the instructions carefully. Taking the test may feel a little uncomfortable and unusual for most people.

We strongly recommend that you watch the demonstration video at covid19.gov/guidance/lateralflow before you take your first test



Wash your hands thoroughly for 20 seconds, using soap and warm water. This is so that you do not contaminate the test kit. Now dry your hands.



Clean and dry a flat surface, where you will take the test.

Unpack the sealed test equipment for one test and place onto the clean flat surface.

Check your contents. Ensure that the test device (called 'antigen test cartridge'), swab and extraction solution are not damaged, broken or out of date. Use the test kit checklist to make sure you have everything.



Extraction tube with lid attached



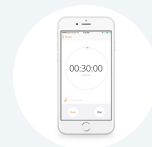
Extraction buffer bottle



Rapid test strip



Swab, inside sealed wrapper



You will also need a small cup (like an egg cup) to keep your extraction tube upright, and a timer

There are two things not provided in the kit that you will need.

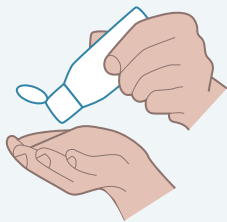
A clean one-inch deep lid or other small container (e.g. clean egg cup) to keep the extraction tube upright and prevent spillage

A timing device to time the 30 minutes before you read the result. A kitchen timer or a phone timer can be used, but make sure it has an alarm to alert you so you read the test accurately.

Something damaged/broken/missing? If you have difficulties using the kit, if something breaks or is damaged in use or if you have concerns about the performance of the test, report these issues to lateralflowqueries@gov.gg. Any problems or concerns with this device can also be reported to MHRA coronavirus-yellowcard.mhra.gov.uk/about

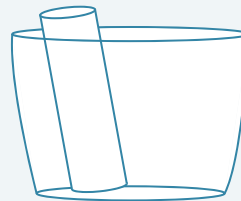
Procedure

STEP 1



Apply hand sanitiser. Clean and prepare a flat surface.

STEP 2



Place extraction tube in small cup (e.g. egg cup)

STEP 3



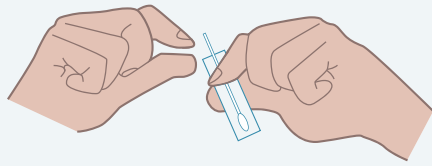
Unscrew **small** top of extraction buffer pot

STEP 4



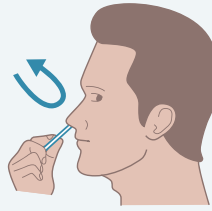
Place **6 drops** of extraction buffer into extraction tube. Avoid touching tube with the bottle. Reseal the bottle.

STEP 5



Take swab out of packet

STEP 6



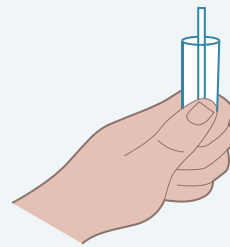
Insert swab 1.5cm into nostril. Roll around **both** nostrils 10 times slowly

STEP 7



Insert swab into bottom of extraction tube. Squeeze tube gently with swab head pressed against edge of tube. Rotate swab for 10 seconds

STEP 8



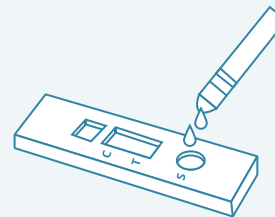
Take swab out while squeezing tube. Discard swab

STEP 9



Press nozzle cap on tube.

STEP 10



Turn tube upside down and squeeze **2 drops** into specimen well labelled 'S'

STEP 11



Leave on flat surface for **30 minutes**. **Do not read results before or after 30 minutes as this may give an inaccurate result. Set a timer.**

Reading your results

Leave your test for the full development time to get an accurate result. Do not read your results until **30 minutes**. If the test device is left to develop longer you may receive a false positive result and you will need to repeat the test. If the test device is read too soon you may receive a false negative result and you will be falsely reassured.

The test device cartridge has 2 possible areas where lines might appear after 30 minutes. They are the "C" (control) area and the "T" (test) area.

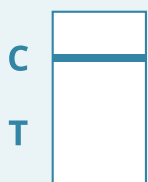
If you see a line in **both the "C" (control) and the "T" (test) area** of the LFD, then the test is **positive**. This is the case even if the line on the "T" (test) area of the LFD is quite faint, so long as you read the test result at 30 minutes and don't leave it longer before reading



Positive Result

Two lines – even faint lines – indicate the test is positive.

If you see a line in **the "C" (control) area but not in the "T" (test) area** of the LFD, then the test is **negative**. This is true so long as you read the test result at 30 minutes and not before.



Negative Result

No T 'test' line indicates the test is negative.

A line has to present in the "C" (control) area for the test to be valid. If **no line appears in the "C" (control) area** then the test is **invalid**. Something has gone wrong with the test control and the test cannot be interpreted. This is irrespective of whether there is a line or not in the "T" (test) area.



Invalid Result

The test has failed and should be retaken.

Once read, carefully dispose of the test device and equipment in your household rubbish

Recording your results

Once you have completed your test please contact your allocated administrator who will document your results

Reporting your results

If your LFD test result is positive – Do not panic.

- Contact the clinical helpline on 01481756938, they will book you for a PCR test.
- Until the PCR result is known, you and your household need to begin self-isolation as per Public Health guidelines: : <https://covid19.gov.gg/support/protect>
- If the positive LFD result is confirmed with a positive PCR test, you and your household should complete self-isolation as per Public Health guidelines
- If you are expected into work, please notify your line manager.
- If the PCR result is negative, you and your household may stop self-isolation and return to work as normal after informing your line manager
- If your PCR test positive you should not undergo any further Lateral Flow Device testing for a period of 90 days from the date of the positive result.- to be clarified with public health.

If your LFD test result is negative

- Record your negative result through your allocated data collection administrator
- You can then attend work as usual provided you are asymptomatic
- If you have coronavirus (COVID-19) symptoms you should not be using this test as it is not sensitive enough and may miss some cases.
- If you have coronavirus symptoms as described in the COVID-19 Public Health guidance on the gov.gg website, please self-isolate and contact the Clinical Helpline.

If your LFD test result is invalid

- Record your invalid result through your allocated data collection administrator
- Repeat the test with a new test cartridge from the same kit.
- Before repeating the test, read the instructions carefully and watch the instruction video again to ensure you are following the correct procedure.
- If you get a second invalid test result record this second result in the same as the first.
- Contact lateral flow email with a number to contact you on, to inform them you have 2 invalid tests.
- You should report the invalid results to line managers.
- If you are asymptomatic then attend work as normal.
- The line manager should consider observing you performing the test to check correct technique.

Please remember you still need to follow Public Health guidelines at work and during your travel to and from work if your LFD test is negative or invalid.

The LFD test has a lower sensitivity compared to PCR and means some positive cases will be missed with this test. It is therefore vitally important that you follow Public Health guidelines.

Need more help?

Please see the LFD Frequently Asked Questions section by visiting:
covid19.gov.gg/guidance/lateralflow

If you need more help using the LFD test kit contact us on lateralflowqueries@gov.gg.

If you can't perform the test you should contact us and we will be able to help with our drop in areas at work or on the phone.