# COVID-19 testing for Personal Assistants

## How testing works

Complete a swab test on the same day each week. Make sure you administer, register and post the test on the same day. Make sure you have everything you need before you complete the test, including a Royal Mail return label.

### Every 28 days

**Order 4 test kits for yourself via**
**https://www.gov.uk/get-coronavirus-test**

### Every 7 days

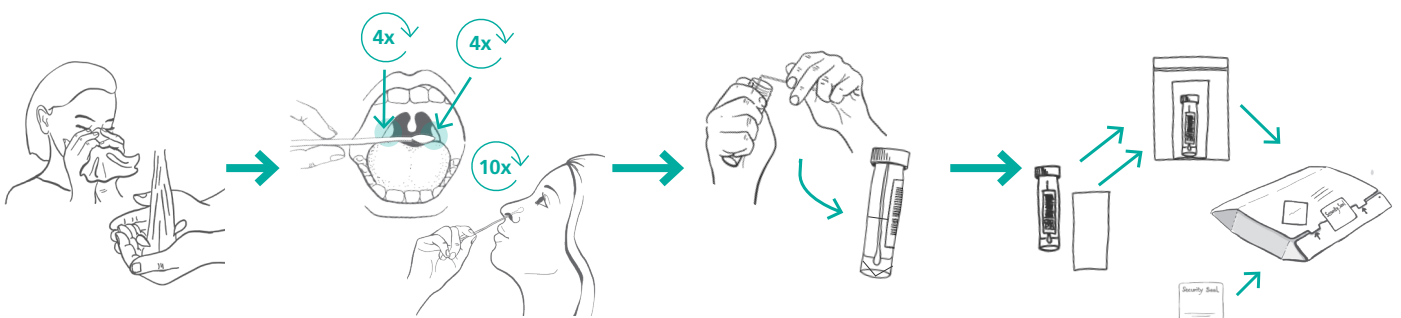**Complete, register and post 1 test kit**

## When ordering your test kits:

- Select "I'm a personal assistant in England employed by an individual to provide home-based adult care and support'

- Select "care worker or home carer" as your occupation

- When asked for your employer enter "PA"

## Before testing, make sure you:

- read the instructions provided in your test kit

- check collection times at your nearest Royal Mail priority postbox You can do this at:
  **www.royalmail.com/services-near-you**

## 1  Take the swab test once every 7 days



Blow your nose and wash your hands before testing.

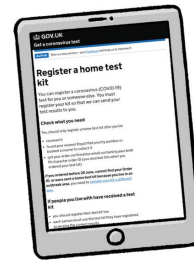Roll the swab on your your throat 4 times on each side, and up your nose 10 times.

Put the swab in the plastic tube with the lid securely fastened. The swab should fit inside without bending.

Put the tube with the absorbant pad into the leak-proof bag with the matching barcode. Package the leak-proof bag in the provided return box. Secure with the security seal and make a note of the Royal Mail label on the box.

## ② Register your test kit online

Register your test kit online at
**https://gov.uk/register-home-test**

To register, you will need your order ID number. You will find this 10-digit number at the top of the confirmation email you received when your test kits were ordered.

## ③ Post your test kit by Royal Mail priority postbox on the same day of testing
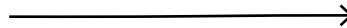
Post the completed kits no later than **1 hour** before the last collection time (weekend times may differ from weekdays).
**Do not** complete or post your test on a bank holiday

**Only use a Royal Mail priority postbox**
with the label and NHS logos below:

Royal Mail **PRIORITY POSTBOX**

SUPPORTING THE
**NHS**

Some priority postboxes have a Sunday collection. They'll show one of these labels:

**PRIORITY POSTBOX
SATURDAY & SUNDAY**

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# After testing

You should receive your results within 48 hours. Conduct 1 test every 7 days.

### ✚ If you get a positive result you must

- isolate, notify your employer and provide contacts to NHS Track and Trace

- put on a face mask immediately if you're outside your home

- stay home/immediately return home and self isolate for 10 days from your test.

### ? If you have any questions you can call 119

**Do not delay getting help if you're worried. Trust your instincts.**
For medical help, contact 111. In an emergency dial 999.
For more advice go to **www.gov.uk/coronavirus**