



COVID-19 STUDENT HOME TESTING INFORMATION

If you consent to undertake self-testing you consent to:

- taking your tests on Monday morning (or Sunday evening) and Thursday morning (or Wednesday evening) commencing Wednesday 17th March 2021.
- following the instructions handed out with the test kit (not the instructions in the box).
- not giving the test kits to anyone else
- **uploading your results to NHS track and trace.**
<https://www.gov.uk/report-covid19-result>
- **uploading your results to Cockburn School.**
<https://forms.gle/arvppQURXK4Wk72Z8>

This link can also be accessed by scanning this QR code:



Please note:

This link will show you how to take your test:

<https://www.youtube.com/playlist?list=PLvaBZskxS7tzQYIVg7IwH5uxAD9UrSzGJ>

Please note that it takes 30 minutes before the test shows the results so please ensure you have the test result in good time before you leave for school.

Students aged 12-17 should self-test and report with adult supervision. The adult may conduct the test if necessary. When testing at home children aged 11 should be tested/swabbed by an adult.

You should wait 30 minutes after eating or drinking before taking a test.

You should not take a test if you have had a nose bleed within the last 24 hours.

You should not take a Lateral Flow Device test (LFD) if you have had a positive PCR test within the last 90 days.

If you have a nose piercing you should swab the other nostril or, if both nostrils are pierced, remove the jewellery first.

If you cannot take a throat swab you should swab both nostrils. If you cannot take a nose swab you should take a throat swab.

The lot number of your test is on the test box and will be an 8-digit number starting with X (e.g. X2101313).

