

Testing Guidance for Staff and Students

This guidance is to give staff and students as much information as possible surrounding testing in all its forms, and how to go about getting regularly tested. The Government has now made it possible for everyone within England to have access to regular LFD tests, which are currently free of charge and available at many local Pharmacies and Community Asymptomatic Testing Sites.

You can get regular rapid tests if you do **not** have symptoms of coronavirus (COVID-19).

If you develop any of the three main symptoms of COVID-19, a loss or change to your sense of taste or smell, a new or continuous cough, or a fever or high temperature of 37.8C or above, you must self-isolate immediately and book yourself in for a NHS PCR test via [this link](#). Please also notify Alice and Beshlie via covidsafety@oldvic.ac.uk.

About 1 in 3 people with coronavirus do not have symptoms but can still infect others. Getting tested regularly is the only way to know if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

Everyone is encouraged to have regular testing twice weekly. There are four main ways to get a test:

- You can go to a Community Asymptomatic Testing Site and have an LFD test there, you will need to book an appointment in order to have a test done.
- You can collect a testing kit from a local pharmacy, there are several on Whiteladies Road that are currently offering this service. You can collect up to 2 packs of 7 tests from a local pharmacy or test site, find a local Pharmacy near you [here](#) and find a local testing site to collect tests from [here](#).
- You can also order a pack of 7 tests to be sent to your home, see [here](#).

Students choosing to move to Home Testing should undertake three supervised LFD tests at a registered test site (such as a Community Asymptomatic Testing Site) before moving onto home testing.

About rapid tests

Anyone in England who does not have symptoms can now get regular rapid lateral flow tests to check for coronavirus.

The test for people without coronavirus symptoms is called a rapid lateral flow test.

This usually involves rubbing a long cotton bud (swab) over your tonsils (or where they would have been) and inside your nose.

The tests can give you a result in 30 minutes. They use a device similar to a pregnancy test and do not need to be sent to a lab.

You can do a rapid test at home or at a rapid lateral flow test site.

If you test positive, you and anyone you live with will need to self-isolate.

You must follow the instructions provided with your Home Testing kit, and you must register your tests with Track and Trace in order to register both negative and positive results.

Community Asymptomatic Testing Sites within Bristol that you can collect home testing kits from:

- The Bristol Rapid Testing Centre, 17-18 Wellington Road, BS2 9DA, 9am to 8pm Monday to Friday, 9am to 5pm Saturday and Sunday
- Hengrove Leisure Park, BS14 0HR, 2.30pm to 8pm, Monday to Sunday
- Netham Park, BS5 9RU, 2.30pm to 8pm, Monday to Sunday
- Victoria Rooms Car Park, BS8 1EG, 2.30pm to 8pm, Monday to Sunday
- Portway Park and Ride, 9am to 3pm, Monday to Sunday