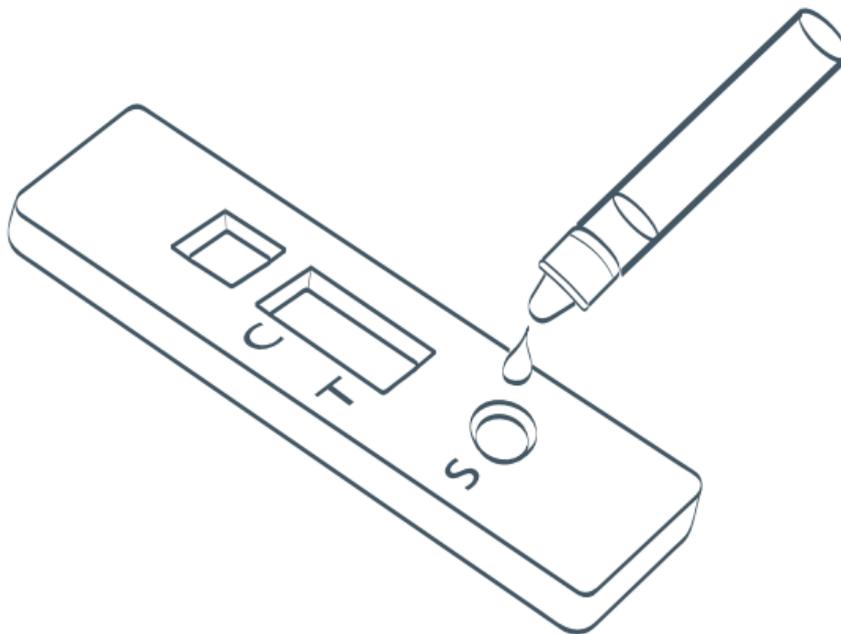


Guidance for care home staff carrying out Lateral Flow Tests (LFT) at home



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(Updated from 12 January 2021)
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Testing yourself for COVID-19 using LFT at your home

To help reduce the risk of transmission of COVID-19 you are now able to test yourself at home using lateral flow devices. This is in addition to regular testing using PCR tests which you will have been doing with at your work place. It is recommended if you are unsure of the process or how to carry out the test that you talk with your line manager in the first instance.

It is your responsibility to collect tests from the care home in which you work. Should you be displaying symptoms, you should remain at home and isolate along with other members of your household and arrange a PCR test at the earliest opportunity by dialling 119 or booking through the NHS COVID-19 portal: www.nhs.uk/coronavirus. The LFT should only be used when you are not displaying symptoms.

If you are displaying symptoms of COVID-19 you should only return to work either; after a negative PCR test (if they do not have COVID -19 symptoms (a temperature, cough or loss of taste or smell)); after a positive PCR test and 10 days of isolation from when the test was taken; after 10 days following a positive result on a lateral flow device if they do not undertake a PCR test.

You should continue to maintain COVID-19 practices including;

- Maintaining social distancing, or using mitigations where this is not possible
- Washing or sanitising hands on entry, exit and when moving through buildings
- Wearing a face covering where government guidance or work place protocols suggest

LFT efficacy and rationale

To help explain the efficacy of the LFT and the rationale behind using the LFT'ing for care home staff:

- If an individual gets a positive result using the LFT they are undoubtedly positive and should return home to isolate.
- There is a risk that an individual may be COVID positive but the test returns a negative result. During testing in Liverpool last year this was around 50% when compared to a laboratory processed PCR test.
- As you and your organisation will be carrying out regular, routine testing on a managed workforce (which are already attending work) in a managed setting, this reduces the chance of continually obtaining false negative results.
- As your staff will have undertaken the online training, efficacy of testing is greatly improved.
- This method of testing is another tool in you and your organisations armoury for helping manage its work force. COVID safe procedures, i.e. social distance, hand washing etc. must continue. Do not allow yourself to drop your guard particularly if your result is negative
- **Individuals that have tested positive using a PCR or LFT test in the last 90 days should not undertake a LFT. Once 90 days since a positive test result has passed individuals can then undertake testing**
- **We should be testing those people who are vaccinated. Anyone who tests positive regardless of vaccination status will also have to self-isolate and follow standard processes etc..**

Receiving and storing tests:

- Tests and any PPE you receive should be stored in a safe a secure manner to ensure accountability and accuracy of test results
- Stock checks may take place so that additional test kits can be ordered and delivered in good time
- Tests must be stored at ambient room temperature and avoid being crushed by other objects. Do not store testing kits in the fridge
- You may need to source some items locally, e.g. storage trays and timers using your own procurement contracts or routes

Training

- You should have undertaken training and a period inspection before undertaking testing at home (including swabbing, processing or recording results – see *appendix 2*). Training resource are available on using the link and token below. This is a simple training package and takes about 30 minutes to complete. It includes videos and short simple assessments.

Web link: <https://go.tessello.co.uk/TestDeviceTraining/Login.aspx>

Token: 3wkcVi4UTX

The following video is also very useful in helping staff in training and swabbing; <https://learninghub.nhs.uk/self-swab>

You should consider the following when testing:

- Allocate an area where the test can be carried out safely and securely and without interruption
 - The room should be well lit and have a good airflow
 - Be capable of being easily cleaned
- Testing should be conducted at an ambient temperature of 15-30 degC.
- The area should be cleaned and sanitized before and after testing
- Hand sanitiser and anti-bacterial wipes should be available
- Use a flat, easy wipe surface

You should consider the following during testing:

- Allocate time for testing, time should include the time needed to process the test and obtain a result
- LFT'ing should be done 1) on the same day as your routine PCR test 2) mid-week between PCR tests
- You will need good internet access, WiFi or mobile data, as you will need to register each test
- Cleaning of the testing area before, during and after testing
- Consider having laminated cards in the testing area for you to refer to
 - The testing procedure (*see appendix 1*)
 - Results processing (*see appendix 5*)

Equipment

Below are the contents of a box of 25 INNOVA tests. You may be allocated half a box of tests; this will cover you for 12 rounds of testing over a 6-week period. There are several other items of equipment detailed you will need to provide yourself or liaise with your line manager.

Provided:

- Swab (*see picture*)
- LFD Cartridge (*see picture*)
- Extraction Solution (*see picture*)
- Extraction Tube (*see picture*)
- Barcodes (*3 identical per person, only 1 is used during this testing process*)

You will need to provide:

- Extraction tube holder (*per testing station*)
- Mirror
- Tissues
- Digital Device (*Test registering, Results recording*)
- Timer or clock
- Permanent marker pen
- Cleaning equipment

ITEMS IN THE TEST KITS

Contents of the test kits may vary.



Digital Portal and Digital Result Logging

Testing Participants

The staff being tested will need to follow the link <https://www.gov.uk/report-covid19-result> for the registration process, staff can create accounts that save their details, this will be useful in the future as they will not need to enter them the next time they get tested.

Staff member then select 'I am at a care home' and follow the further steps on the website. Participants will need the care homes UON while registering the test.

See appendix 6 for some helpful troubleshooting guides to help with any problems.

Testing

Testing and the processing of tests should be carried out by staff who have carried out the necessary training online and completed the training log. The tests should be done using the flow chart in appendix 1, the following video is also useful <https://learninghub.nhs.uk/self-swab>

LFT'ing should be done at certain times during the week;

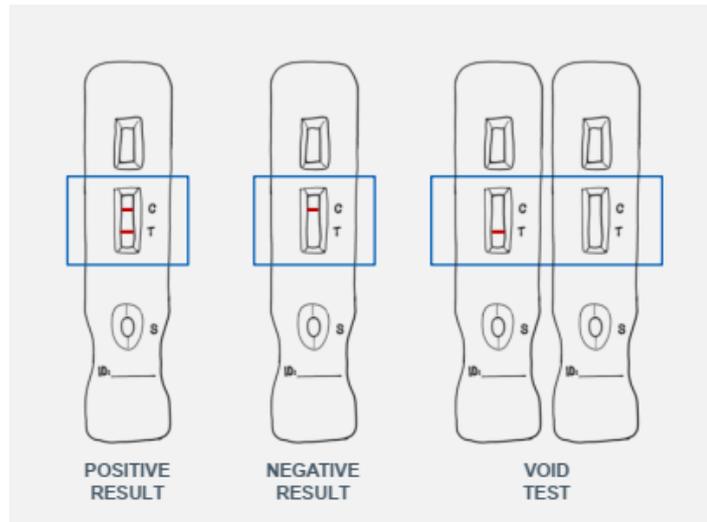
- On the same day as the PCR test
- Mid-week between PCR tests

Results

What does the result mean? *(see appendix 5)*

It is important to remind individuals that a negative test result on a lateral flow device does NOT mean the person is not infected, because of the efficacy of the LFD test. Therefore, everyone must continue good practice including, 'Hands, Face Space'.

- Negative Results - Individuals who return a negative test result do not need to self-isolate and can continue to work. Bearing in mind any other protocols and COVID-19 procedures in place. Please ensure staff do not take additional risks or change their behaviour because they have tested positive.
- Invalid results - individuals who return an invalid LFD result should be retested once more by LFD. If the LFD result is invalid a second time, they should be retested with a PCR test
- Positive results - individuals who return a positive LFD result are obliged to self-isolate (at home) immediately. They should access a PCR test at the earliest opportunity. This can be done by calling 119 or visiting one of the local walk-in test centres.



Appendix 1

Testing Procedure

1



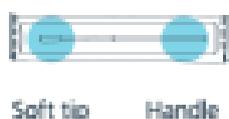
Gently blow your nose into a tissue to get rid of excess mucus.

2



Wash and dry your hands again (or use sanitiser if this is available).

3



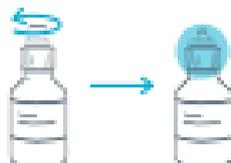
Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

4



Place the extraction tube in a small cup to keep it upright.

5



Unscrew the extraction buffer pot.

6



Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle. Reseal the extraction buffer for future use.

7



Open the package and gently take out the swab. Do not touch the fabric end of the swab.

8



Put the swab gently into one nostril, you may feel a slight resistance (insert about 1.5cm or about half an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril.

9



Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube with force, while rotating the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

10



Take out the swab while squeezing the tube and fabric end of the swab. Place the swab back into the wrapper and dispose of it at home in your household rubbish bin.

11



Press the nozzle cap tightly on to the tube to avoid any leaks.

12



Turn the tube upside down and lightly squeeze two drops onto the specimen well.

13

30 min



Place the Rapid Test Strip on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results. Do not read your results until the 30 minute mark.

Training Log	
Staff Member:	Manager Name:
Training	Date Completed
Online training passed	
Swab test check	
Testing process check	
Result recording check	
Testing area cleaning and hygiene	

Results Interpretation

