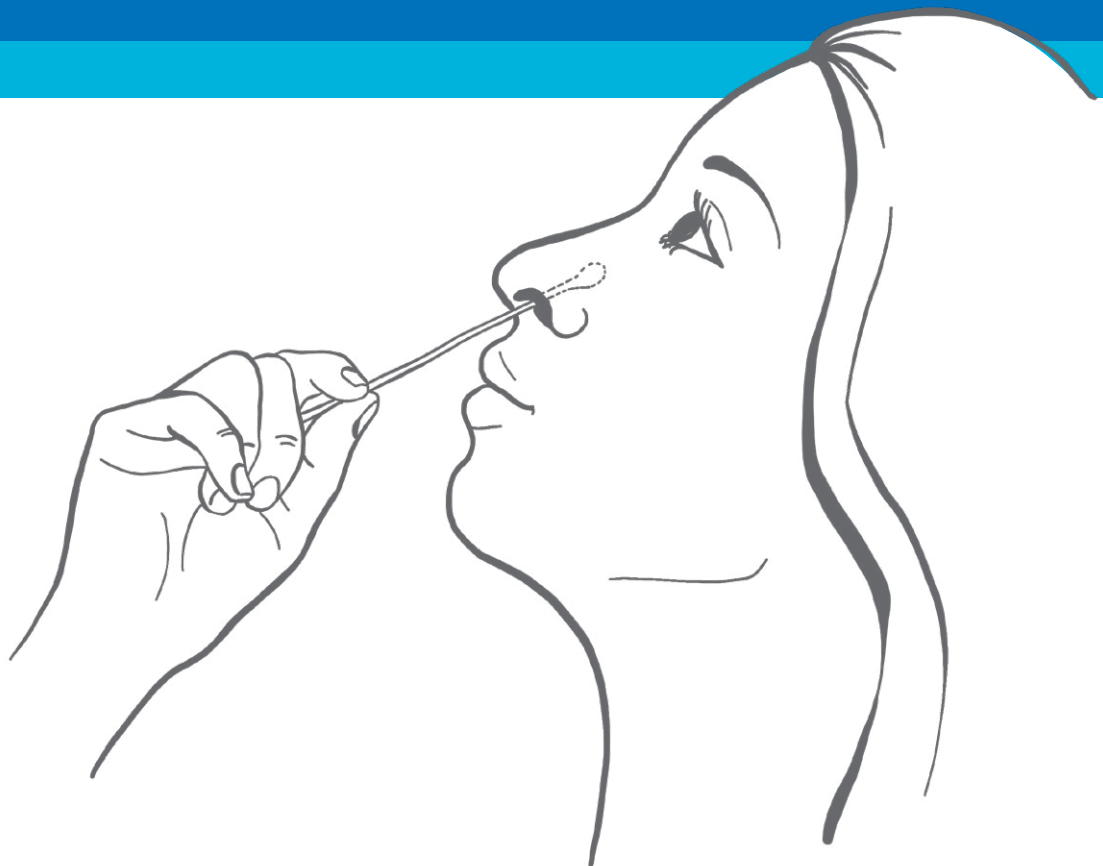




# Testing for coronavirus (COVID-19)

for people taking a coronavirus test at a GP  
with help from the staff



This is an easy read guide.

April 2021

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# 1 Introduction

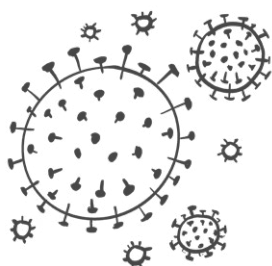


Department  
of Health &  
Social Care

This guide comes from the Government's Department of Health and Social Care.



This is an easy read guide to help you understand the **coronavirus** test.



**Coronavirus** is an illness that is spreading around the world. Lots of people call it COVID-19.



We want to know if anyone has caught coronavirus.



We have a test for coronavirus. We want to test everyone who is showing symptoms.



We want to:

- help you get better



- stop it spreading to other people.



## Coronavirus

You can have coronavirus and not feel ill.



Some people are very ill with it.

# Coronavirus symptoms



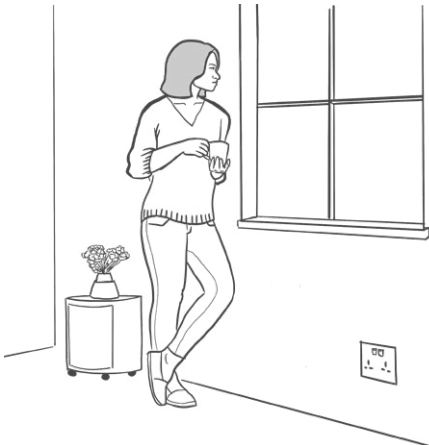
You may get a high temperature and a cough.



You might not be able to taste or smell things.

If you have **any** coronavirus symptoms you must **isolate** and can book a test.

**Isolate** means:



- you must stay in your home



- you cannot go near other people, unless they are providing you with care



- you cannot go out.

## 2 Testing



The test is very quick. It takes up to 30 seconds in total.



It shouldn't hurt, but you may feel a little uncomfortable.



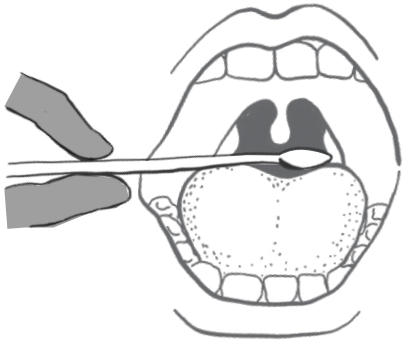
We need to take a little bit of the liquid:

- from your throat, at the back of your mouth
- from the back of your nose.



A staff member from your doctor's office will do the test on you. The staff member will wear an apron, mask and gloves. This is to keep you safe.

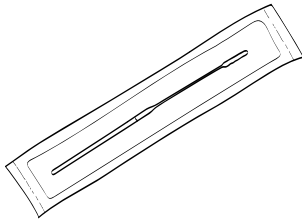
### 3 Throat swab



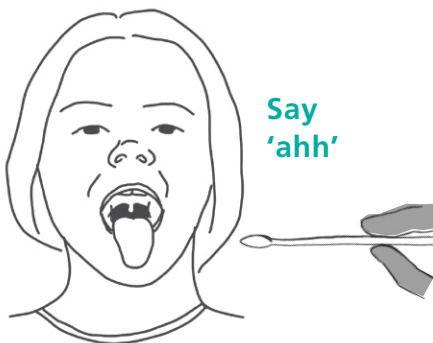
The staff member will use a **swab** to take a **sample** from your throat.

A **swab** is like a large cotton bud.

A **sample** is the little bit of liquid that will go onto the swab.



You will need to sit down to be tested.



You need to open your mouth and stick out your tongue.





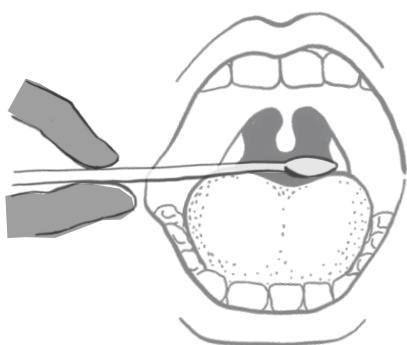
The staff member may use a torch to see into your mouth.

They may need to gently press down on your tongue so they can see.



Say  
'ahh'

You may have to say 'Ahhhhhh' until the staff member says they are finished.



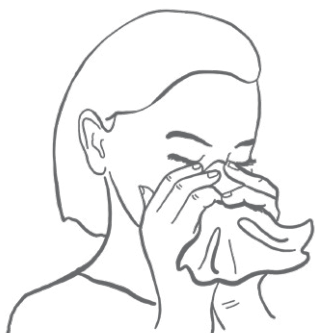
The staff member will gently rub the swab at the back of your mouth.

You may feel like gagging or coughing. It will not hurt, but you may feel a little uncomfortable.

## 4 Nose swab



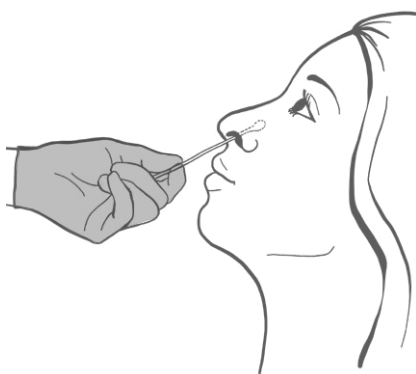
The staff member will use the same swab to take a sample from your nose.



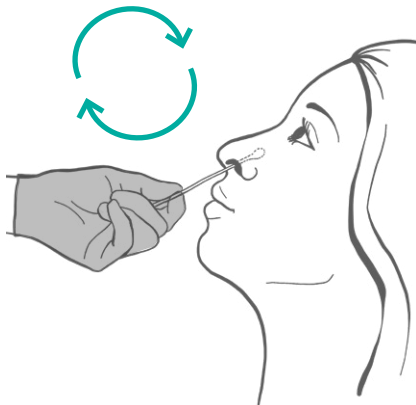
If you have a runny nose, you should blow your nose with a tissue before the test.



You will need to sit down to be tested.



The staff member will put the swab into your nose and push it gently upwards. It will not go too far up and it should not hurt.



The staff member will gently turn the swab. This should not hurt, but you may feel a little uncomfortable.

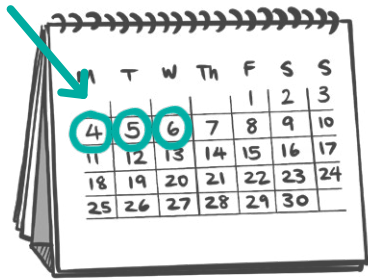


That's it. Well done, you've finished the test.

## 5 Get your test results



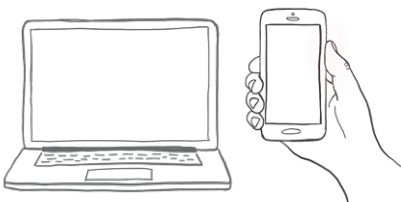
You will not know the test results straight away. It will be sent off to the lab for testing.



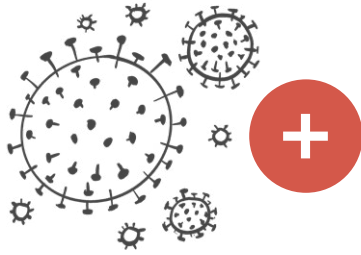
You will have to wait for your test results. This may take up to 3 days.



If you or a person you live with have any coronavirus symptoms, continue to self-isolate while you wait for your test results.



You will get your test results by text and email.

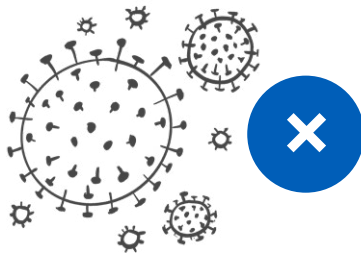
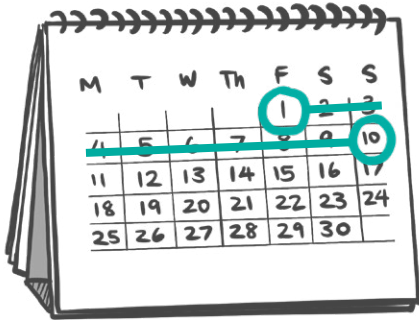


## If your test result is positive

It means that you have coronavirus.

If you also have symptoms, you must **isolate for 10 days from when your symptoms started.**

If you have not had symptoms you must **isolate for 10 days from when you had the test.**

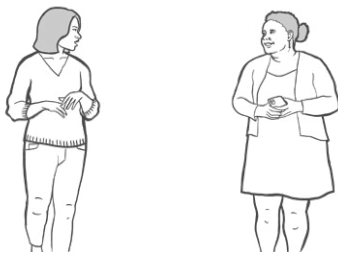


## If your test result is negative

It means that the test did not find coronavirus.

You do **not** need to continue isolating as long as:

- no one else in your home has symptoms
- NHS Test and Trace did not tell you to self-isolate
- you feel well. If you feel unwell, stay at home until you feel better.



**NHS**

Test and Trace

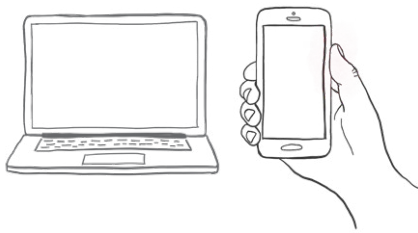


## 6 For more information



If you need more information, please go to:

[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)



If you have any questions about your coronavirus test please call:

- **119** if you live in England, Scotland, Wales or Northern Ireland.

Lines are open **7am to 11pm** every day.

If you feel worse, or you do not get better after 7 days:



- visit NHS 111 online at [www.111.nhs.uk](https://www.111.nhs.uk)
- or call **111**