



Royal Berkshire
NHS Foundation Trust

Lateral Flow Testing and safety precautions for parents/carers attending school clinics

Information for parents
and carers

Tel: 0118 322 7531 option 1

Compassionate

Aspirational

Resourceful

Excellent

This leaflet explains the recommendation for parents and carers who attend school clinics on school premises with their child.

Due to Covid-19 (Coronavirus) restrictions, school clinics were relocated to Dingley Child Development Centre. To move back to clinics at school premises we are asking for your support to safeguard yourself, your child, clinicians and the school population.

We request that before attending with a child that you:

- **Complete a Lateral Flow Test 24 hours before clinic** and save the email / text result message to show to the paediatrician / school reception staff when you attend the appointment.
- **Do not attend the clinic if your test is positive or you or household member has Covid-19 symptoms**, ring 0118 322 7531 option 1 to rearrange the appointment. If you test positive or you or household have Covid-19 symptoms, the whole household should self-isolate and arrange a PCR Covid-19 test. For more information, visit <https://www.gov.uk/get-coronavirus-test>.
- **Wear a mask to the appointment**, unless you are medically exempt.
- **Clean your hands** on entering the school / clinic room using the hand gel available.

- **We will ask you to confirm that you do not have Covid-19 symptoms** when you attend, and you will have your temperature taken.

One parent / carer can attend the appointment but if another parent/carers would like to be present, we can arrange a virtual video attendance. Please call 0118 322 7531 option 1 to arrange this.

Lateral Flow Testing for parents and carers is voluntary. It is encouraged to help support schools in remaining safe, and reduce the possibility of school closures due to Covid-19 exposure. Each school will have a separate policy on the lateral flow testing of children.

If you do not want to take the test or have any difficulties in showing your result when attending the clinic, we will need to ensure that you maintain steps of social distancing, hand hygiene, have your temperature checked, wear a mask and you have no Covid-19 symptoms when you attend the clinic.

What is Lateral Flow Testing?

Around 1 in 3 people with Covid-19 do not have symptoms. Rapid Lateral Flow Tests help to find cases in people who may have no symptoms but are still infectious and can pass the virus to others.

The test usually involves taking a sample from the back of your throat and from your nose, using a swab. You can get a result in 30 minutes.

You can order free Lateral Flow Testing kits by visiting:
<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Full instructions on how to take the test are included with the kit.

Once completed, you upload your result to
<https://www.gov.uk/report-covid19-result>

This site will ask for your email address or mobile phone number. Confirmation of the test result will then be sent to you via email / text or both.

If the lateral flow test is positive:

- Everyone in the household must [self-isolate](#) immediately.
- The person who tests positive **must** [get a PCR test](#) to confirm the result (a PCR test is a different type of Covid-19 test). **The PCR test can be arranged by visiting** <https://www.gov.uk/get-coronavirus-test>.

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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