



16th February 2020

## An important message about Rapid testing from Dr Liz Robin

Director of Public Health for Cambridgeshire

Dear Sir / Madam

**I am writing to ask that you encourage members of your workforce that are unable to work from home, and who are over the age of 18, to access free rapid testing for Covid-19 that is now available across Cambridgeshire and Peterborough.**

**Up to one in three people who are infected with Covid-19 have no symptoms and could be spreading the disease without knowing it.** Broadening testing to identify workers who are showing no symptoms will mean finding positive cases more quickly, which helps break chains of transmission.

By testing workers on a regular basis - twice a week ideally - we can reduce the number of cases of Covid-19 across Cambridgeshire and Peterborough, limit the number of people who might die or become very ill because of the virus and protect our NHS.

We know it will require a commitment to access a test twice a week, but by doing so your employees will be helping us to track cases and break the train of transmission.

I have included some information below which you could use on staff notice boards or intranets or in any other way to make your employees aware of the new testing. There is a poster, information sheet and some text you could use in a newsletter or share with staff on an email.

**Can I also take this opportunity to remind you that if any of your staff display one or more of these symptoms - a high temperature, a new, continuous cough, or a loss or change to sense of smell or taste - they should book a test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119. Testing at the rapid testing sites is only for people without symptoms.**

Details of how to book a test, testing site locations, guide on how to take the test sample, and what to do with the result can be found overleaf.

We can also support you as a workplace to set up a testing programme on your own premises. **If you are interested in that option please email [LFTWorkplace@cambridgeshire.gov.uk](mailto:LFTWorkplace@cambridgeshire.gov.uk)**

Yours sincerely



Dr Liz Robin  
Director of Public Health for Cambridgeshire and Peterborough

# Booking a rapid COVID-19 test

There are six sites across Cambridgeshire and Peterborough specifically for rapid testing of workers who are not displaying any symptoms. Staff are able to book onto any of these rapid testing sites closest to where they live or work

## Find your nearest rapid result testing centre

### Cambourne

The Hub,  
High Street, Cambourne,  
South Cambridgeshire  
CB23 6GW

### Soham

Soham Town FC  
Julius Martin Lane, Soham,  
Ely, East Cambridgeshire  
CB7 5EQ

### Huntingdon

The Coneygear Centre  
Buttsgrove Way  
Huntingdon, PE29 1PE

### Wisbech

Queen Mary Centre  
Queen's Road, Wisbech  
Fenland, PE13 2PE

### Peterborough

St Mark's Church  
Lincoln Road  
Peterborough, PE1 2SN

### Arbury

The Meadows Community Centre  
1 St Catharine's Rd, Arbury  
Cambridge, CB4 3XJ



Tests can be booked at [www.cambridgeshire.gov.uk/rapidtesting](http://www.cambridgeshire.gov.uk/rapidtesting)  
or [www.peterborough.gov.uk/rapidtesting](http://www.peterborough.gov.uk/rapidtesting)

## How the rapid test works

- The test detects the presence or absence of Coronavirus when you apply a sample, taken with a swab, to the device's absorbent pad.
- It takes less than 15 minutes to do the test and you will be sent your test result in under an hour.
- If you have a mobile phone that can connect to the internet, this will help with registering your information and your test results can be sent via a text, if you don't then the testing site will be able to use their mobile to register your details.
- You will be given detailed instructions of how to do the test by the testing assistant.

## If you test positive

If you test positive, you will need to isolate for 10 days along with members of your household.

NHS Test and Trace will support you to identify close contacts. We will get in touch to give you more information about practical and financial support available to help you isolate.

### How to self-isolate



## How long do I need to self-isolate for?



**At least 10 days if you have symptoms or have tested positive.** The 10 days starts from when symptoms began. If you don't have symptoms, the 10 days start from when you test positive.



**10 days if you live with someone who has symptoms or has tested positive.** The 10 days start from when symptoms began, or from the date of the positive test for those who don't have symptoms.



There is lots of support for anyone who needs it in order to self-isolate **THERE REALLY IS NO REASON NOT TO.**

## If you test negative

You must still take extra care and follow national guidance. Don't invite anyone into your home who doesn't live with you, work from home if you can, wash your hands often and well, keep your distance from people you don't live with, wear a mask in shops or on public transport. **You need to continue to take these measures even if you test negative.**

Find out more about public advice [www.cambridgeshire.gov.uk/residents/coronavirus/coronavirus-information](http://www.cambridgeshire.gov.uk/residents/coronavirus/coronavirus-information)

Please remember  **HANDS**  **FACE**  **SPACE**

Help us **stop the spread** of coronavirus.



# Get your free rapid COVID-19 test

**Open 8am  
to 8pm**

**Monday - Saturday**

Testing is for key  
workers - or anyone  
leaving home regularly  
for work, volunteering  
or training - who do not  
have any symptoms

## The Hub

High Street, Cambourne, South Cambridgeshire, CB23 6GW

## The Meadows Community Centre

The Meadows Community Centre,  
1 St Catharine's Road, Arbury, Cambridge, CB4 3XJ

## The Coneygear Centre

Buttsgrove Way, Huntingdon, PE29 1PE

## Soham Town Rangers FC

Julius Martin Lane, Soham, Ely, East Cambridgeshire, CB7 5EQ

## Queen Mary Centre

Queen's Road, Wisbech, Fenland, PE13 2PE



**PLEASE BOOK ONLINE**

**[www.cambridgeshire.gov.uk/rapidtesting](http://www.cambridgeshire.gov.uk/rapidtesting)**

Help us **stop the spread** of coronavirus.



For further updates and information please check our website  
which will be regularly updated [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

# Simple, Fast, Self-Swab

## Your step by step guide

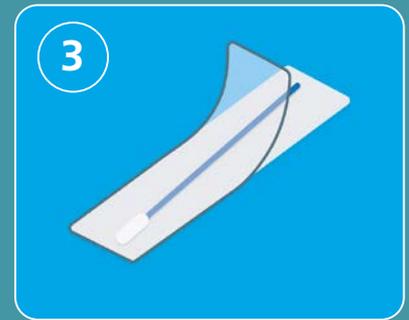
If you are confused at any point, please wave at the helpers who are standing behind you. Avoid asking those on the other side of the see-through wall for help.



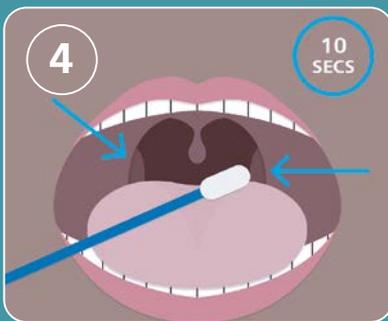
Before you begin, check you have a sealed swab, a registration card and a barcode



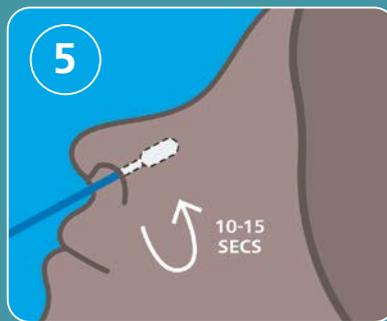
Use the mirror to look at the back of your throat, then gently blow your nose with a tissue, disposing it in the bin provided



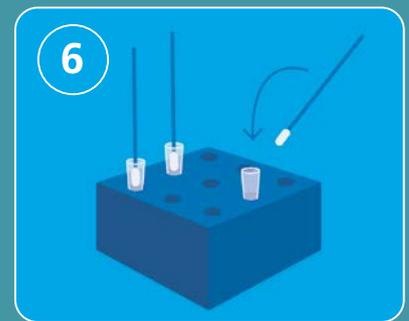
Sanitise your hands then open your swab packet, being careful not to touch the fabric tip - ask a helper for scissors if needed



Gently twist the swab tip against your tonsils (or where they used to be) for 10 seconds and remove without touching your cheeks, lips or gums



Put swab tip into 1 nostril until you feel slight resistance and rotate 5 times (about 10-15 seconds)



Place the swab (fabric tip first) directly into the tube on the test tube rack in front of you



Attach your barcode to the registration card and register using your device or the device provided

Scan or type in barcode and skip NHS number if you do not know it



Dispose of all rubbish and clean entire booth, including mirror, table, device, bin, seat and scissors (if used)



Put on your face covering, sanitise your hands and leave test area, taking your registration card with you



For updates and advice please check our websites which will be regularly updated [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk) and [www.gov.uk](http://www.gov.uk)

## Staff article

### Rapid result testing for key workers and those who cannot work from home

**Residents who are key workers or cannot work from home are being urged to have regular rapid result tests to help track cases of Coronavirus and drive down transmission rates.**

Sites across Cambridgeshire and Peterborough offer rapid result tests to people aged 18 and over who have no symptoms of Coronavirus. People are being urged to take a test twice a week.

Up to one in three people who are infected with Covid-19 have no symptoms and could be spreading the disease without knowing it. Broadening testing to identify key workers showing no symptoms will mean finding positive cases more quickly, which helps break chains of transmission.

**To book a test visit [www.cambridgeshire.gov.uk/rapidtesting](http://www.cambridgeshire.gov.uk/rapidtesting) or [www.peterborough.gov.uk/rapidtesting](http://www.peterborough.gov.uk/rapidtesting)**

Dr Liz Robin, Director of Public Health for Cambridgeshire and Peterborough, said: “We not only need people to have these tests regularly if they are leaving home for work, we also need them to act responsibly when they get their result. If you test positive, please isolate at home with other members of your household and ask for help if you need it. There is lots we can do to help you to self-isolate, including offering grants to those who will struggle financially or help with accessing food shopping, fetching medicines and so on.

“The NHS Test and Trace Service will also get in touch with you to offer advice and ask about contacts. If you test negative, please continue to follow national guidance and limit all non-essential contact with others. While the rapid test identifies many people with the virus it doesn’t identify everyone - so following the lockdown rules and other Covid-safe behaviours is essential even if you have a negative test.”

**The process of taking a test takes on average 15 minutes from arrival to departure. Results are known within an hour.**

**People with symptoms will not be tested at the rapid testing sites. Anyone with one or more of these symptoms – a high temperature, a new, continuous cough, or a loss or change to sense of smell or taste – should book a test at [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or by calling 119.**