

**MESSAGE
CASCADERS**

Community Testing

How to get tested for COVID-19
if you cannot work from home



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**Suffolk Learning
Disability Partnership**

What is community testing?



If you cannot work from home, and have to go into a place of work, you can get a free test through new community testing available in Suffolk.



This will help to prevent people who do not have symptoms from spreading COVID-19 to other people without knowing.

NHS
Test and Trace

CORONAVIRUS

“Now we can help protect our families at home – and our families at work.”

Around 1 in 3 people who have Covid-19 don't have any symptoms and can spread it without knowing.

ALEX, FACTORY WORKER



REGULAR TESTING FOR SAFER WORKING IS HERE

Who is it for?



Anyone **without COVID-19 symptoms** can get tested.



It is aimed at people who cannot stay at home during lockdown due to work commitments.



Taxi drivers, nursery workers and delivery drivers are examples of people who could benefit from community testing.



It also includes people who work in construction, transport services and factories.

Why should I get tested if I don't have symptoms?



1 in 3

1 in 3 people with the COVID-19 do not show any symptoms.



Through community testing, we can quickly identify those who unknowingly have COVID-19 and stop the spread of the virus to other people.

What does the test involve?



Community testing uses a test known as a Lateral Flow Test.

What does the test involve?



These are processed at the centre where you take the test, instead of being sent away to a lab.

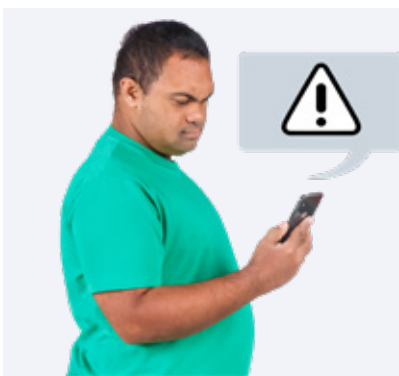


The test involves a simple swab taken from your throat and nose.



Results will be processed quickly.

You should get your result within 30 minutes.



This will usually be a text sent to your phone.

What does the test show?



If you test **positive** you must go home and self-isolate for 10 days.



Financial support is available in some cases from your local council.



Search for 'self isolation payment suffolk' to find details from your local council.



If you test **negative** you do not need to self-isolate.



However, it is recommended to do another test in a few days as the level of the virus in your body may have increased.

How do I get a test?



There are community testing locations across Suffolk.



You can find out more by clicking this link:
<https://www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test/covid-19-asymptomatic-testing/>

How do I get a test?



You can find out more about testing by calling:

0333 772 6144.

CORONAVIRUS

“The last thing I want is to be the one who spreads it at work.”



BHUPINDER, TAXI DRIVER

Get free, rapid tests if you have to leave home to work.

Get tested, even if you don't have symptoms.

Around 1 in 3 people who have Covid-19 don't have any symptoms and can spread it without knowing.

Test regularly – at least once a week.

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This document was made in easy-read by members of the Suffolk Learning Disability Partnership.

It was commissioned by Public Health Suffolk.

To find out more about the Suffolk Learning Disability Partnership:

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