

# Lateral Flow Testing

## What is a Lateral Flow Test (LFT)?

A Lateral Flow Test (LFT) does not require laboratory processing and so can give a result much quicker than a regular Polymerase Chain Reaction (PCR) test. LFTs show whether a person is infectious at the time of the testing. Like a PCR test, the LFT still requires a swab. But instead of being sent to a laboratory, the result is developed there and then, once the swab is placed in fluid, swished around and a few drops placed onto the device.

## Why is Lateral Flow Testing important?

Coronavirus rates in Slough are rising exponentially. The NHS being under immense pressure will soon run out of capacity, so we have a duty to stay as well as we can, as Covid-free as possible and stay at home to reduce transmission rates. Lateral Flow Testing will help us find coronavirus cases, isolate them and help protect the local community.

*"This scheme is part of us protecting Slough and fighting this virus as much as we possibly can. We must not give up and accept it - I know the people of Slough are resilient and will not accept the continued rise of cases lying down.*

*Getting a Lateral Flow Test is one part of this process as it will help us crack down on the virus and prevent it from spreading further.*

*The other way you can help is continuing to follow the key coronavirus rules and guidance, washing your hands regularly with warm water and soap, wearing a face covering (unless exempt), maintaining your distance of 2 meters and getting vaccinated when offered by your GP."*

**Josie Wragg**  
Chief Executive,  
Slough Borough Council



*"Coronavirus cases are unfortunately still on the rise and we are seeing on-going local transmission, which means that we are continuing to spread the infection amongst our friends and families. If you, anyone you live with or members of your support bubble have any of the following symptoms:*

- a high temperature - that is above 37.8 degrees centigrade
- a new continuous cough, or a
- loss of or change in taste or smell

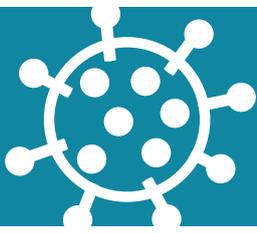
*then do not leave your home other than to get tested and stay self-isolating until you get your result. If your result is positive, please do continue to isolate as advised by the National guidelines.*

*We all need to work together to control the spread of this virus and I thank you for your co-operation with this."*

**Dr Lalitha Iyer**  
Executive Medical Director  
Frimley Collaborative



Thank you from everyone in the **#OneSlough** partnership for getting tested and helping protect the Slough community. By working together we can defeat coronavirus and see an end to the pandemic.



# FOR SLOUGH RESIDENTS

**You will receive formal notification of your Lateral Flow Test (LFT) result within approximately 30 to 60 minutes via the details you have provided.**

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## **If you receive a positive test result:**

- You must self-isolate for 10 days
- Everyone you live with must self-isolate for 10 days
- Everyone in your support bubble must self-isolate for 10 days
- Ensure you follow the instructions and guidance either by NHS Test and Trace or our Slough Local Contact Tracing Team when they make contact with you to identify your contacts after your positive test

## **If you receive a positive or negative test:**

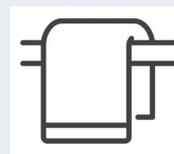
- Continue to follow the key government guidelines on how to protect yourself and your family from coronavirus including regular handwashing, wearing a face covering and social distancing
- Follow the NHS Test and Trace guidance if you are negative but have been in contact with someone who is positive. [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- Explore other ways that you can protect yourself and your family from coronavirus such as losing weight, stopping smoking and being more active. For more information on this go to [www.publichealthslough.co.uk/campaigns/one-slough](http://www.publichealthslough.co.uk/campaigns/one-slough)
- Consider other areas of health support and advice that you might need through visiting [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk) or calling **01753 373646**. For example on immunisations, mental health, healthy eating or oral health
- If you need other support such as housing, council tax or benefits, Test and Trace financial support, isolation guidance or translated material go to [www.slough.gov.uk/coronavirus](http://www.slough.gov.uk/coronavirus) or call **01753 475111**
- If you are shielding or vulnerable and require immediate support with things like food or medicine please call **01753 944198**
- For benefits and payments related to cold homes and cold weather head to [www.gov.uk/cold-weather-payment](http://www.gov.uk/cold-weather-payment) or [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment) or [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)
- If you are **Covid-19 negative, but are unwell**, please contact your GP as you would normally, or contact NHS 111
- If you test negative on your LFT but become symptomatic for coronavirus (new continuous cough, high temperature or a change or loss to your sense of smell or taste) then you should book a PCR test through [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or by calling **119**

**For more information and for the national coronavirus guidance please go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or email [publichealthslough@slough.gov.uk](mailto:publichealthslough@slough.gov.uk)**

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## How to stay healthy in your household, especially a multi-generational household.



Make sure elderly or vulnerable people use separate towels from other people in the house both for drying themselves after bathing and showering and for hand hygiene purposes



Ensure every member of the household washes their hands with soap and water regularly for a minimum of 20 seconds or uses hand gel sanitiser



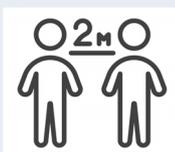
It can be difficult for some people to separate themselves from others at home. If you share a kitchen with an elderly or vulnerable person, avoid using it while they are present



Minimise as much as possible the time any elderly or vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas and keep shared spaces well ventilated



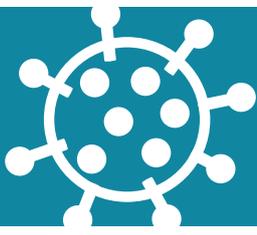
If you do share a toilet and bathroom with an elderly or vulnerable person, it is important you clean and disinfect surfaces you have come in contact with. Closing the toilet lid, before flushing, may help too



Aim to keep 2 metres away from elderly or vulnerable people you live with and encourage them to sleep in a different bed to others that they live with



Another tip is to consider drawing up a rota for bathing, with the elderly or vulnerable person using the facilities first



# The new coronavirus strain

**The surge of a new coronavirus strain in the south-east of England has sparked concern globally. This may cause additional worry and concern for Slough residents so it's important you know the correct information and its implications.**

- Viruses change all the time. In the UK we actively look out for Covid mutations in test samples so we can act early
- We do more genetic sequencing than almost every other European country, which is probably why we have found the mutation before others
- The new variant is more transmissible, both easier to catch and easier to pass on
- The proportion of cases around of the new variant is growing faster than the original strain
- The existing tests we are using to diagnose coronavirus are likely to find it
- It is more probable that coronavirus vaccines will work against it
- Prevention measures haven't changed, we just need to be more vigilant in applying them, so washing hands thoroughly and frequently with warm water and soap, 2m social distancing and wearing face coverings (unless exempt) has never been more important. Stay home as much as you can
- If you have any coronavirus symptoms (high temperature, new continuous cough or a loss of taste or smell) you must isolate for 10 days and get tested. If you are asked to isolate, do it properly (see page 2 for further details on isolation)
- Think "how can I protect my community better?", not "how can I bend the rules?"

## Coronavirus dashboard

Are you looking for the most up to date information on coronavirus in Slough? We're pleased to announce the launch of the coronavirus dashboard to keep you apprised of the local situation.

The site provides you with specific data on Covid-19 including:

- Daily new case numbers and total cases
- Weekly cases per 100,000 population and tracked against the South East and England
- Daily number of cases in graph format since the start of the pandemic in March
- Daily new cases for England and total cases for England since records began
- Weekly death rate and location (care home, at home, hospital, etc.)
- Data for 111 and 999 calls triaged for people with suspected Covid-19 symptoms plus the number of daily online assessments
- Information Centre with lots of help with topics like tier level guidance, self-isolation rules, and video stories from healthcare professionals



**For more information and to view the dashboard head to: [www.berkshirepublichealth.co.uk](http://www.berkshirepublichealth.co.uk)**



# #One Slough Community Champions

**Covid-19, and the measures taken in response, continue to impact all of us in Slough. Factual information shared widely can help everyone to stay safe and keep their families safe and we want to help in getting the right information out into Slough.**

The #OneSlough Community Champions network empowers Slough residents to remain up to date with the latest advice about Covid-19. The #OneSlough Team will keep you informed of the latest advice and guidance direct from Public Health Slough so that you can help your family, friends and other community members to make sense of the latest facts about the virus.

By having and sharing clear information, you, your friends, family and community can make informed choices.

*"Community Champions are residents across Slough. Champions can be anyone in the community. You might be the person that everyone knows and trusts. You might be someone who wants to help in whatever way you can - even if this is your first time"*

**Ramesh Kukar, CEO, Slough Council For Voluntary Services (SCVS)**



**#OneSlough** Community Champions  
Your trusted source for Covid-19 news

**I'm a #OneSlough  
Community  
Champion**

**Dr Vanita Dutta**  
Programme Manager  
Public Health Slough

Sign up to receive  
up to date alerts & inform  
your friends, families and  
neighbours.



[www.oneslough.org.uk/champions](http://www.oneslough.org.uk/champions)

**Find out more and sign up at [www.oneslough.org.uk/champions](http://www.oneslough.org.uk/champions)**

## Coronavirus vaccine

Numerous coronavirus (Covid-19) vaccines have been approved for use in the UK. The vaccines have met strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare products Regulatory Agency (MHRA).

The NHS has started vaccinating large numbers of people. At first, the vaccine will be offered to people who are most at risk from coronavirus, before being offered more widely.

You will be contacted when it's your turn; please do not contact the NHS to find out.

For more information about the vaccine, and to answer some of your frequently asked questions such as: Do I need a vaccine? how has it been produced so quickly? how does it work? head to [www.publichealthslough.co.uk/campaigns/covidvaccine/](http://www.publichealthslough.co.uk/campaigns/covidvaccine/)



# #Fit2FightCovid

Leading a physically active lifestyle reduces the risk of various diseases, such as viral infections like coronavirus. Regular, daily exercise can enhance the immune system and help you lose weight.

Now is the perfect time to move more. Whether it's:



Heading to the gym or swimming pool\*



Using an outdoor gym or doing an Active Slough session



Walking more or using the interactive park walks



Hiring one of the Slough cycle hire bikes

## You can get active 'your way'

For more information or to search for activity 'your way', head to [www.publichealthslough.co.uk/campaigns/fit2fightcovid](http://www.publichealthslough.co.uk/campaigns/fit2fightcovid)



# Vitamin D

The Covid-19 pandemic and lockdown measures have kept people inside more than normal, increasing the risk of vitamin D deficiency.

Public Health England advises everyone to take 10 microgrammes of vitamin D a day between October and early March.

Taking vitamin D can help improve your overall health, prevent your bones from weakening and strengthen your immune system to help prevent infection.

Have you had your vitamin D today?



Build a strong and healthy immune system  
[www.publichealthslough.co.uk/campaigns/vitaminD](http://www.publichealthslough.co.uk/campaigns/vitaminD)



It is especially important to take vitamin D if you are in any of these groups:

- Adults and children from "at risk" groups: the elderly, people who do not go outside and those with dark skin
- Pregnant women\*
- Children up to the age of 4 years\*

*\*Vitamin D supplements available free (or at low cost) through the Healthy Start scheme to support healthy pregnancy and births - please ask your GP, Midwife or Health Visitor or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)*





HEALTH & WELLBEING SLOUGH

## HEALTHIER, HAPPIER YOU

Health and Wellbeing Slough provides integrated health services to all Slough residents. The service can help you with:

- ✓ NHS Health Checks
- ✓ Child and Adult Weight Management
- ✓ Stop Smoking
- ✓ Falls Prevention
- ✓ Keeping Active
- ✓ Advice on Alcohol Intake
- ✓ Emotional Wellbeing
- ✓ Advice on Oral Health



 [www.healthandwellbeingslough.co.uk](http://www.healthandwellbeingslough.co.uk)

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 0800 0614734 / 01753 373646

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 [info.hws@nhs.net](mailto:info.hws@nhs.net)

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