**Stakeholder Information: Covid-19 Testing Update w/c 12 & 19 July 2021**

**Why should I get tested for Covid-19 when I don’t have any symptoms?**

1 in 3 people with Covid-19 do not show symptoms. Regular rapid lateral flow device (LFD) testing of people without symptoms helps find Covid-19 cases which would otherwise go undetected. This helps to break chains of transmission and limit the spread of this virus.

**Who can get rapid tests?**

Anyone in Scotland who does not have Covid-19 symptoms can access free twice weekly LFD testing. **Rapid Covid-19 tests are only suitable for those who do not have Covid-19 symptoms.**

If you have Covid-19 symptoms please self-isolate and book a **PCR Covid-19 test** through the national system by visiting the [**GOV.UK website**](https://www.gov.uk/get-coronavirus-test) or calling 0800 028 2816.

**I don’t have symptoms - where can I get rapid Covid-19 tests?**

There are lots of ways to get access this testing, including:

* Collection from the Borders walk -through test site, which is operated by the UK Government's Department of Health and Social Care, at **Langlee Community Centre in Galashiels** (Marigold Dr, TD1 2LP) **between 3:30pm and 8pm**.
* Collection from [**local pharmacies**](https://maps.test-and-trace.nhs.uk/findatestcenter.html)**.**
* Calling 119 to get test kits delivered to your home.
* [**Ordering test kits online**](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-get-a-test-if-you-do-not-have-symptoms) to be delivered to your home**.**
* Attending one of the test sites (please see below) which are operating as part of our **Community Testing Programme.**

There is further information here on NHS Inform: [**Coronavirus (COVID-19): Get a test if you do not have symptoms | NHS inform**](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-get-a-test-if-you-do-not-have-symptoms).

**Where will the Community Testing Programme be over the next few weeks?**

The community testing programme alternates between **local fire stations\*** and over the next few weeks will be available from 10:30am – 3pm in:

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| Galashiels\* (Queens Leisure Centre) | 8 & 9 July |
| Coldstream | 9 & 10 July |
| Innerleithen | 12 & 13 July |
| Newcastleton | 12 & 13 July |
| Jedburgh | 14 & 15 July |
| Duns\* (Volunteer Hall) | 14 & 15 July |
| Kelso | 16 July |
| West Linton | 16 & 17 July |
| Kelso | 19 July |
| Selkirk | 19 & 20 July |
| Eyemouth | 20 & 21 July |
| Galashiels\* (Queens Leisure Centre) | 21 & 22 July |
| Hawick | 22 & 23 July |
| Lauder | 23 & 24 July |

Appointments can be booked ahead of time by calling 01896 826370 or emailing [ATS.Service@borders.scot.nhs.uk](mailto:ATS.Service@borders.scot.nhs.uk). **Please note: that the schedule may change at short notice if need be.** You can double check before attending via the above contact details.

**How do I take a rapid Covid-19 test?**

[**There is also a useful guide on the NHS Inform website about how to do a rapid test at home.**](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-how-to-do-a-rapid-lateral-flow-device-lfd-test-at-home)

**What are typical Covid-19 symptoms?**

The most common symptoms of COVID-19 are a new: continuous cough; fever / high temperature (37.8°C or greater) and/or a loss of, or change in, sense of smell or taste (anosmia). A new continuous cough is where you: have a new cough that’s lasted for an hour; have had 3 or more episodes of coughing in 24 hours or are coughing more than usual.

**What if I have Covid-19 symptoms?**

**If you are experiencing any of these typical Covid-19 symptoms** please self-isolate and book a **PCR Covid-19 test** through the national system by visiting the [**GOV.UK website**](https://www.gov.uk/get-coronavirus-test) or calling 0800 028 2816.

**When else might I need a PCR test?**

If you have been advised by Test & Protect that you are a contact of a confirmed positive Covid-19 case and must seek a PCR test, even if you are not showing any symptoms you will need to self-isolate and book a **PCR Covid-19 test** through the national system by visiting the [**GOV.UK website**](https://www.gov.uk/get-coronavirus-test) or calling 0800 028 2816.

**Where in the Borders can I get a PCR test?**

You Borders walk -through test site, which is operated by the UK Government's Department of Health and Social Care, at **Langlee Community Centre in Galashiels** (Marigold Dr, TD1 2LP) **between 3:30pm and 8pm**.

We also offer PCR tests through Mobile Testing Units and home test kits both of which can be accessed via [**GOV.UK website**](https://www.gov.uk/get-coronavirus-test) or calling 0800 028 2816.

**Contact Tracing Text Messages**

If you receive a text message saying that you have tested positive and have Covid-19 please consider using the message's hyperlink to an online form. This is a quick and easy way to let Test & Protect know who your contacts are.

If you need help to self-isolate please call the Community Assistance Hubs on 0300 100 1800.

For further advice on how to self-isolate visit: <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/how-to-self-isolate-effectively/>

**Where do I get more information?**

For further information on community testing such as future times, dates and locations of sites as well as Frequently Asked Questions please visit the [**NHS Borders Community Testing webpage**](http://www.nhsborders.scot.nhs.uk/patients-and-visitors/community-testing/).