

Stakeholder Information: Covid-19 Testing Update w/c 9, 16 & 23 Aug 2021

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:

Coldstream	9 & 10 Aug
Lauder	9 & 10 Aug
Eyemouth	11 & 12 Aug
Galashiels* (Volunteer Hall)	11 & 12 Aug
Newcastleton	13 Aug
Innerleithen	13 & 14 Aug
Newcastleton	16 Aug
West Linton	16 & 17 Aug
Kelso	17 & 18 Aug
Selkirk	18 & 19 Aug
Jedburgh	19 & 20 Aug
Duns* (Volunteer Hall)	20 & 21 Aug
Newcastleton	30 & 31 Aug
Galashiels* (Volunteer Hall)	30 Aug
Innerleithen	31 Aug & 1 Sep
Kelso	1 & 2 Sep
West Linton	2 & 3 Sep
Selkirk	3 & 4 Sep

Appointments can be booked ahead of time by calling 01896 826370 or emailing 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.

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) 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](#).
- Calling 119 to get test kits delivered to your home.
- [Ordering test kits online](#) 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](#).

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.](#)

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](#) 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](#) 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](#) 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](#).