

## GUIDE FOR HOME COVID TESTING using a Lateral Flow Device

Please read this guidance leaflet carefully. By taking this lateral flow device test (LFT) kit home, you agree to comply with this guidance. If you are unable or unwilling to comply, please return your test kit to the University as soon as possible.

### Lateral Flow Testing DOS and DON'TS:

#### DON'T:

- The results of LFT testing, particularly when self-administered, have a high incidence of false negatives and false positives and must not be used to conclude that a person does or does not have COVID-19. It is essential that any positive result from the test kit is followed by a confirmatory PCR test (i.e. a regular COVID test) through the University's PCR testing programme: [www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)
- A negative result should not change your behaviour and you must continue to follow all University and Government rules, guidance and control measures, including for example regarding social distancing and the use of PPE and face coverings.
- Unused test kits or individual tests must in no circumstances be given or sold to anyone else and should be returned to the University.
- Participation in the staff asymptomatic testing programme pilot and use of this test kit is entirely optional. You must not use the test if you are unsure or unhappy doing so.
- IMPORTANT: you should not take a LFT test if you are experiencing any of the Covid symptoms. You should book a PCR test instead [www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)

#### DO:

- Staff must ensure that they continue to follow the University requirements for working safely during the COVID-19 pandemic.
- Before taking the test, you must read this information leaflet fully and watch the instruction video at this link: <https://learninghub.nhs.uk/self-swab>
- If you are experiencing COVID-19 symptoms, however mild, you must self-isolate, contact your line manager and take a PCR test through the University's PCR testing programme ([www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)), the NHS, or an NHS-approved provider.

### Content of the kit

Each kit contains enough supplies for one individual to test twice a week for 12 weeks:

- 25 foil pouches containing the test cartridge and a desiccant.
- Two vials of 6 ml buffer solution (this should be sufficient for the period of use. Please note that it is difficult to procure supply of replacement bottles, therefore caution must be used to limit spillage).
- 25 extraction tubes and 25 tube caps.
- 25 sterilised swabs for nasal sample collection.

Staff will need to store the test at room temperature (4-30°), **not in direct sunlight or in the fridge.**

You should take the test **every Monday and Thursday before coming to work**. Only take the test if you will be coming into work, not if you are on leave or unwell.





## Quick Reference Instructions

### TEST KIT ITEMS:

1. Swab 2. Extraction Tube 3. Extraction Solution Bottle 4. Test Cartridge

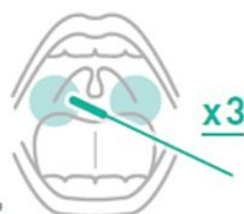
### Specimen collection:

#### 1a Nasal Swab Collection



Place swab gently into one nostril. Swab tip should be inserted about 2.5cm (1inch). Roll swab firmly against the nostril inside wall firmly 5 times. \*Swab both nostrils

#### 1b Throat Swab Collection



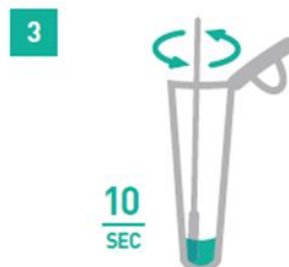
\*Carefully remove swab from throat.

Open your mouth wide and rub the fabric tip over both tonsils (or where they would have been). Do this firmly 3 times.

### Test procedure:



Press the extraction solution bottle to drip 6 drops of extraction solution into the extraction tube.



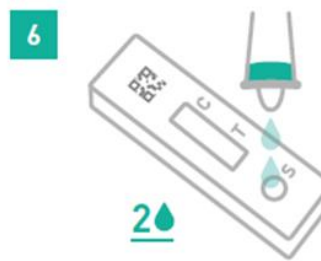
Place swab into the extraction tube, firmly press the swab head against the wall of the tube while rotating the swab for 10 sec.



Remove the swab by rotating against the extraction tube while squeezing the sides of the tube to release the liquid from the swab.



Close the cap on the extraction tube tightly to avoid any leaks.



Drip 2 drops of the fluid from the extraction tube into the sample well of the test cartridge (indicated by "S"), and start the timer.



Read the result at 20 minutes. The result should not be read after 30 minutes.

#### 8 Read your result:

Do not leave test to develop for longer than 30 minutes, as this will make the result invalid.

#### Negative result

One line next to C indicates the test is negative.



#### Positive result

Two lines, one next to C and one next to T, even faint lines indicate the test is positive.



#### Invalid result

No line next to C indicates the test is invalid.



## WHAT TO DO WHEN YOU RECEIVE YOUR RESULT

**POSITIVE:** The presence of two lines as control line (C) and test line (T) within the result window indicates a positive result.

If the result is positive, you must:

- Self-isolate in line with Government guidelines (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>). Members of your household must also isolate.
- Inform your line manager.
- Book a test through the University testing programme: [www.cam.ac.uk/bookatest](http://www.cam.ac.uk/bookatest)
- Complete a COVID monitoring form - you can access the form at [www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)
- Attend the PCR test.
- Continue to self-isolate until you receive confirmation of the result.
- If the PCR test is negative, you should get a second PCR test. Only if the second PCR test is also negative can you (and your household) stop self-isolating and return to work.
- If the PCR test is positive, you and your household must complete a ten-day self-isolation period in line with government guidelines. Your self-isolation period includes the day you had the test (or the day your symptoms started) and the next 10 full days. If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started.

***If you receive a positive result from a PCR swab test, you should not take a lateral flow test again until 90 days after the positive PCR swab test was taken. This is due to the likelihood of a false positive result sometime after the infectious period of COVID-19 has passed.***

**NEGATIVE:** The presence of only control line (C) within the result window indicates a negative result.

If the result is negative and you have no signs or symptoms of COVID-19, no further action is required.

If the result is negative but you develop any of the signs or symptoms of COVID-19, you must contact your line manager, self-isolate and follow symptomatic procedures and take a test either through the University testing programme ([www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)) or the NHS.

**INVALID:** If the control line (C) is not visible within the result window after performing the test, the result is considered invalid. If this is the first time, please repeat all steps using a new swab and new test cartridge, taking care to follow all steps in the correct order as described on the training video. If the repeat test is invalid, the batch may be faulty. Contact the Covid Helpdesk (01223 339514 or [covid-helpdesk@admin.cam.ac.uk](mailto:covid-helpdesk@admin.cam.ac.uk)) for advice.

## Advice and Support

Please contact the Covid Helpdesk (01223 339514 or [covid-helpdesk@admin.cam.ac.uk](mailto:covid-helpdesk@admin.cam.ac.uk)) if you require further support.

***If the result of the test is positive, or you have any signs or symptoms of COVID-19, contact your line manager and arrange for a PCR swab test following University guidance: [www.cam.ac.uk/covidtest](http://www.cam.ac.uk/covidtest)***

## WARNINGS AND PRECAUTIONS

1. For in vitro diagnostic use only.
2. The test device should remain in the sealed pouch until use.
3. Do not use kit past its expiration date.
4. Swabs, tubes, and test devices are for single use only.
5. Solutions that contain sodium azide may react explosively with lead or copper plumbing. Use large quantities of water to flush discarded solutions down a sink.
6. Do not interchange or mix components from different kit lots.
7. Testing should only be performed using the swabs provided within the kit.
8. To obtain accurate results, do not use visually bloody or overly viscous samples.
9. Wear suitable protective equipment gloves when handling specimen and the contents of this kit.
10. Inadequate or inappropriate specimen collection and storage can adversely affect results.
11. Humidity and temperature can adversely affect results.
12. Carefully dispose of the test device and equipment in your household rubbish (black bin). *Disposal advice may be subject to change based upon future waste disposal guidance.*

## STORAGE AND STABILITY

1. The kit can be stored at room temperature or refrigerated (4-30°C).
2. Do not freeze any of the test kit components.
3. Do not use test device and reagents after expiration date.
4. Test devices that have been outside of the sealed pouch for more than 1 hour should be discarded.
5. Close the kit box and secure its contents when not in use.

## SPECIMEN TRANSPORT AND STORAGE

Do not return the nasopharyngeal swab to the original paper packaging.  
Specimen should be tested immediately after collection.

## NOTES:

1. The intensity of colour in the test line region (T) may vary depending on the concentration of analytes present in the specimen. Therefore, any shade of color in the test line region (T) should be considered positive. This is a qualitative test only and cannot determine the concentration of analytes in the specimen.
2. Insufficient specimen volume, incorrect operating procedure or expired tests are the most likely reasons for control band failure.