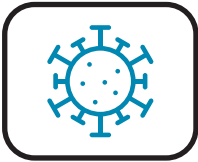




GETTING TESTED REGULARLY

How to get a rapid COVID-19 test



Why should I be regularly tested?

- To know if I have COVID-19 without symptoms.
- To avoid passing the virus to people I live or work with, including older and vulnerable people.



Who can get a test?

18 & over – and any of...

- You care for others (paid or unpaid).
- You live with parents or grandparents.
- You live with someone who has a long term condition or has been asked to shield.
- You have to go out for work (can't work from home).



Where can I get tested?

- Vicarage Lane Community Centre E15 4HW
- Katherine Road Community Centre E7 8PN
- Jeyes Community Centre E13 9BB
- Jack Cornwell Community Centre E12 5NN
- Ascot Community Centre E16 4PL

Check www.newham.gov.uk/rapidtesting for new sites



What happens if I test positive?

- Book a normal swab test immediately to confirm the results. Book online at www.nhs.uk/ask-for-a-coronavirus-test or call 119.
- Isolate for at least 10 days or until your fever has gone.
- The people you live with must isolate for 10 days.
- Tell the people you've been close to and don't go to work.



How do I book a test?

- Book a test go to: www.newham.gov.uk/rapidtesting

Negative today does not mean negative tomorrow – stay safe