

# COMMUNITY TESTING

*How to get tested for Covid-19 if you cannot work from home*



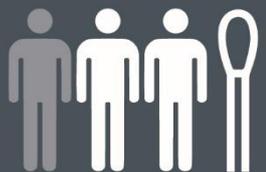
## What is community testing?

If you cannot work from home, and have to go into a place of work, you can get a free test through new community testing available in Suffolk. This will help to prevent people who do not have symptoms from spreading Covid-19 to other people without knowing.



## Who is it for?

Anyone without Covid-19 symptoms can get tested. It is aimed at people who cannot stay at home during lockdown due to work commitments. This includes people who work in roles such as: education and childcare, food production, manufacturing, transport, factories, construction, engineering etc.



## Why should I get tested if I don't have symptoms?

1 in 3 people with the coronavirus do not show any symptoms. Through community testing, we can quickly identify those who unknowingly have Covid-19 and stop the spread of the virus to other people.



## What does the test involve?

Community testing uses a new test known as a Lateral Flow Test. These are processed at the centre where you take the test, instead of being sent away. The test involves a simple swab taken from the throat and nose. Results will be processed and sent to you within 1 hour.



## What does the test show?

If you test **positive**, you must go home and self-isolate for 10 days. Financial support is available in some cases from the local authority you pay Council Tax to. If you test **negative**, you do not need to self-isolate but it is recommended to repeat the test in a few days as the level of the virus in your body may have increased, or you may have been infected since your last test.



## How do I get a test?

The first three test centres are in Ipswich, Bury St Edmunds and Lowestoft. More centres will open across the county during February. Find your nearest centre and book an appointment online at [www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/](http://www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/) or by calling **0333 772 6144**.