

Coronavirus (COVID-19) testing for visitors

Information for people visiting care homes in Scotland



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Who should read this leaflet?

This leaflet is for anyone who is visiting their relative or friend whilst they are receiving care in a care home in Scotland and is being offered a test for Coronavirus (COVID-19).

Why should I be tested for Coronavirus?

The purpose of the Scottish Government testing programme is to determine whether those **without** coronavirus (COVID-19) symptoms have the virus. It will help to discover and identify positive cases of COVID-19 within the population and ensure they self-isolate to reduce transmission to other people.

It gives an extra layer of protection against accidentally passing on COVID-19 to loved ones in care homes. It may also help give early warning to a potential outbreak situation (where there are 2 or more related cases).

Finally, it will assist in the return to normal activities and reduce the impact of the COVID-19 pandemic and allow you to visit your family or friends in a care home safely.

Is it mandatory for me to be tested for Coronavirus (COVID-19)?

No, it is not mandatory for you to be tested. You will still be allowed to visit your friend or relative providing that you do not have any COVID-19 symptoms, follow care home staff advice on wearing of personal protective equipment (PPE) such as facemask, aprons and gloves, and follow the infection control (e.g. hand washing) information that the care home staff provide.

Why do I need to give my consent to be tested?

The care home staff must make sure that you have the appropriate information, understand what the test involves and agree to act on the advice they give you following the test, and this will be recorded. They also need to confirm you're clear and content with how your personal information and test results will be used.

How does the test work?

The test involves a throat and nose swab which is added to a solution by the care home staff to release any virus proteins. The solution is then added to the test kit which looks similar to a pregnancy kit, and the results are ready in 30 minutes.



What happens when I arrive at the care home for a visit?

You will be met by someone at reception and asked if you have any COVID-19 symptoms. If you have any symptoms of COVID-19 you will not be allowed to visit and will be asked to leave the care home and arrange a test via NHS Test and Protect.

If you do not have any symptoms you will be given PPE to wear and directed to a designated area where the testing will take place.

What if I've already had a positive Coronavirus test?

If you have had a positive PCR test in the 90 days before your visit you will not need to take a test. The care home may ask you for proof of this. This can be a text message or email copy that shows your test results. Remember you must not visit the care home until your isolation period has finished and you are clear of any symptoms.

How is the test registered?

Staff will be able to advise you in this process. Registering involves adding the QR Code of the test device, date and time of the test and your contact details.

What does the test involve?

The trained care home staff will ask you if you consent to taking the test by signing a form and if you think you will be able to swab your throat and nose yourself. If you are not able to do this the care home staff will do this for you. The swab is a thin stick with a small fabric tip which will be rubbed against the back of your throat at the tonsil area, and then the swab is inserted into your nose and rubbed against the lining of your nose. This is to try and get as many cells of the virus if it is present to process the test. Taking the swab might make you gag or cough, the staff will provide you with a bowl in case you are sick.

The staff will take the swab and place it into a liquid which is then dropped onto the test kit which looks a little like a pregnancy test. The results of the test will be available in 30 minutes.

How do I get the results?

The care home staff will tell you the result. Sometimes the test may not work and will have to be performed again if the results are not completely clear.

What happens if my test is negative?

You will be allowed to continue your visit; you will be required to wear PPE and follow the infection control information that the care home staff provide you with. The staff will record the result of your test.

What happens if my test is positive?

If your test result is positive you will not be allowed to continue with your visit. You will be asked to leave the care home and travel home immediately ideally avoiding public transport to self-isolate. You will need to arrange to have a confirmatory test by requesting a testing kit from www.gov.uk or **0300 303 2713** if you do not have internet access.

If you agree, your local Test and Protect will also get in touch to support you with testing and for contact tracing.

The staff will record the result of your test.

Who do I contact for more information?

If you have any questions about your result or what to do next, please ask the care home staff. The website NHS inform provides a range of advice on Coronavirus including on testing and isolation. See: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

