

Stakeholder Information: Community Testing Locations for w/c 5 April 2021

We would like to remind you that **this week** (week commencing **29 March 2021**) our Community Testing Programme is still operating from local fire stations in:

| | |
|--------------|--------------------|
| West Linton | 29 & 30 March |
| Peebles | 30 March – 1 April |
| Innerleithen | 31 March – 1 April |
| Newcastleton | 2 – 3 April |
| Hawick | 2 – 5 April |
| Jedburgh | 4 – 6 April |

We would also like to take this opportunity to inform you that **next week** (week commencing **5 April 2021**), our Community Testing Programme will be at local Fire Stations in these towns:

| | |
|------------|-------------------------|
| Hawick | 5 April (continued) |
| Jedburgh | 5 & 6 April (continued) |
| Kelso | 6 – 8 April |
| Eyemouth | 7 – 9 April |
| Coldstream | 9 & 10 April |
| Lauder | 10 & 11 April |
| Duns | 11 – 13 April |

Anyone who lives, works or volunteers in the Borders and is well (not currently showing Covid-19 symptoms) can book a Covid test by calling 01896 826370 or emailing ATS.Service@borders.scot.nhs.uk.

Appointments are available from 10:30am to 3pm, 7 days a week. Please remember that daily locations vary and that test bookings can be made up to 24 hours in advance.

Testing at these sites is only for those who are well and not displaying any Covid-19 symptoms.

If you are experiencing symptoms please book a test through the national system by visiting the [GOV.UK website](https://www.gov.uk) or calling 0800 028 2816.

This initiative is being delivered in the Borders partnership working between NHS Borders, Scottish Fire and Rescue Service, Scottish Borders Council, Scottish Government and the Armed Forces.

The community testing programme helps to identify cases of Covid-19 in people who do not have symptoms of the virus (this is also known as being 'asymptomatic') by providing quick and easy testing which enables us to break chains of transmission that may not otherwise be found.

What's on Offer?

- Testing is available 7 days a week for anyone who lives, works or volunteers in the Borders.
- Community Testing sites will be available across the Borders on a rotational basis from March 2021.
- Appointments must be booked in advance **by calling 01896 826370 or emailing ATS.Service@borders.scot.nhs.uk.**
- There is no charge for your test
- If you are unable to make it along to the testing site your Community Assistance Hub available on 0300 100 1800 can discuss options with you.

What guidance do I need to attend?

- Please follow the instructions provided to you by staff and/or signage.
- Remember to wear a face mask or covering.
- Observe the rules on physical distancing by staying at least two metres apart.
- If you have a mobile phone please bring this with you so you can register to receive your results by text.
- If you don't have a mobile phone we'll make alternative arrangements to make sure that you can get your results easily.
- If you are driving to your appointment, please park safely as Fire Stations will remain operational so may need access to vehicle entrances/exits.

What happens when I arrive at the testing site?

Staff will support and guide you through your visit. We'll ask you to take a lateral flow test – this is a quick and easy test which can be processed on site. We'll let you know your results by text or email within a day of your test.

Once you've completed the test please return home and wait for your results.

What if my test is negative?

You don't have to take any action but please bear in mind that your result was determined from swabs taken at a specific time.

Covid is still circulating so following your test you could catch the virus from another person or surface shortly afterwards if you do not take the necessary precautions, for example maintaining physical distancing while in the supermarket.

It is important that you continue to follow all national guidance including staying at home and physical distancing.

What if my test is positive?

If your lateral flow test is positive we will call you and ask for you to take a PCR test so that we can confirm your result. You and your household will be asked to self-isolate as a precaution until your result has been confirmed.

Once you've completed your PCR test return home. You'll receive your results in a day or so. If this test is also positive you and your household will also have to self-isolate in line with national guidance.

What if I need to self-isolate?

It is critical that you (and any other household members) self-isolate if you receive a positive test result. If you have any concerns about self-isolation please contact your Community Assistance Hub on 0300 100 1800. Community Assistance Hubs can help you with your health and social care needs including:

- Food
- Heating your home
- Technology
- Practical Solutions for care you receive or provide
- Further emotional support

The Self-Isolation Support Grant is a grant of £500. It will be offered through the existing Scottish Welfare Fund, administered by local authorities in Scotland. You can find out more on the [Scottish Government website](#).

How often should I get tested?

This is entirely up to you. We would recommend considering your individual circumstances and how likely you are to be exposed to the virus. For example, those who can work from home are less likely to come into contact with others so could be tested less regularly.

Whereas anyone who still needs to attend their place of work (because their job does not enable them to work from home) or regularly comes into contact with other people, and is not offered routine testing (e.g. through their place of work) may wish to be tested more regularly.

For further information please visit the [NHS Borders Community Testing webpage](#).