



Parents newsletter

Symptom-free Covid testing

With one in three people with Covid not showing any symptoms, regular symptom-free testing is one of the best ways we can slow the spread of the virus.

Household members (including anyone in your childcare bubble), aged 11 and over, are eligible for regular symptom-free Covid tests. The tests should ideally be taken twice a week, every three-five days apart. Children aged under 11 years do not need to get symptom free tests.

Please do not get a test if you have had a positive Covid test within 90 days, as you may get a false positive result.

If we need to conduct surge testing in the future we will contact you with advice on what this means.

Symptom-free testing sites

Families with a child of secondary school age can book regular symptom-free tests at one of our three community testing sites, together with their child aged 11 or over.

Visit york.gov.uk/SymptomFreeCOVIDtest for more information and to book.

This testing is available for parents and carers of children of all ages and secondary school pupils.

Collect home testing kits

From 15 March, secondary school and college pupils will be offered symptom-free home testing kits by their school or college. Ideally, two symptom free tests should be taken each week.

Parents and carers with children at nursery, primary school, secondary school or college can collect symptom free test kits to do at home at the Poppleton Bar Park & Ride drive through test site, or the Wentworth Way walk-in site at the University of York, between the hours of 1.30pm and 7pm each day.

An appointment is not necessary. You can check to make sure the site is open or how busy it is by visiting find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk.

Ordering home testing kits online

If you cannot get to the testing sites to take a test or collect a testing kit, you can order kits for home delivery at gov.uk/order-coronavirus-rapid-lateral-flow-tests

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Your test results

If you or your child's test comes back negative, you can carry on with your normal plans, remembering to practice Hands, Face, Space as the test is for one point in time and you could catch the virus at any point.

Getting tested at a testing site

If you or your child's test comes back positive, you and your household have a legal responsibility to self-isolate for ten days. You do not need another test to confirm the positive result.

Home testing

If you get a positive test from a home test kit, you must then self isolate and book a Covid test to confirm the result at nhs.uk/coronavirus or by calling 119.

If the NHS test comes back negative, you do not need to self isolate. If it is positive, you and your household have a legal responsibility to self isolate for ten days.

Got symptoms? Get tested

If you or anyone in your household shows any Covid symptoms, regardless of their age, you must book a Covid test at nhs.uk/coronavirus or by calling 119.

They are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

Thank you

Thank you for your continued efforts to help reduce the spread of the virus in York.

Remember that Hands, Face, Space, is still as important as ever.

For more information and support, visit york.gov.uk/LBYParentStudentSupport

For more information on the national coronavirus guidance, visit gov.uk/coronavirus