Council announce COVID-19 Community Lateral Flow Test sites now available to the public

The battle to stop the spread of Covid-19 in Cumbria is being boosted by the roll-out of asymptomatic Lateral Flow Device (LFD) testing around the county.

Cumbria County Council are pleased to announce that several lateral flow testing sites are now available to the public for those who are unable to work from home.

The lateral flow tests provide a result within 30 minutes, with no need for tests to be sent away to a laboratory for analysis. Regular LFD testing of people without COVID-19 symptoms is a key part of the Government's strategy to control the spread of the virus. LFD testing helps spot asymptomatic carriers, people who do have COVID-19 and are infectious but are not ill. These people can then self-isolate to protect others.

Currently, the community testing sites are intended **only** for people that are unable to work from home. Those that can work from home should continue to do so.

If you have symptoms of coronavirus, please do not attend the test site, but instead book a test at nhs.uk/coronavirus or by calling 119.

Complete with strict and safe Covid-19 precautions in place, five test sites are now up and running, with more to follow:

Carlisle: Trinity School Sports Hall, Strand Rd, Carlisle CA1 1JB

- Saturdays 09:15 – 12:30
- Wednesdays 17:15 – 19:30

Aspatria: Beacon Hill School, Market Square, Aspatria, Wigton CA7 3EZ

- Saturdays 09:15 – 12:30

Kendal: Queen Katherine School, Appleby Rd, Kendal LA9 6PJ

- Thursdays 17:45 – 19:30
- Saturdays 09:15 – 12:30

Penrith: Ullswater Community College, Wetheriggs Lane, Penrith, CA11 8NG

- Saturdays 09:15 – 12:30
- Wednesdays 17:15 – 19:30

Millom: Millom School, Salthouse Road, Millom, LA18 5AB

- Saturdays 09:15 – 12:30
- Wednesdays 17:30 – 19:30

We are working hard to make testing available at other sites across the County as soon as possible. **More sites and opening times will be announced over the coming days and weeks.**

To attend a site and be tested:

- No appointment is necessary – please just arrive at the testing site between the stated times.
- Please wear a face covering unless you have a medical exemption.
- Please note, the testing sites will not be open outside these times.

About Lateral Flow Testing at Community Sites

- Around one in three people who have coronavirus **have no symptoms** and will be spreading the virus without realising it.

- The rapid-turnaround lateral flow tests, which provide results within an hour, are being used to proactively test **asymptomatic** individuals.

- This will help to identify those who unknowingly have the virus and enable those who test positive and their contacts to self-isolate, which can help drive down the R rate locally and save lives.

- A Lateral Flow Test detects the presence or absence of coronavirus from a swab or saliva sample.

- It takes less than 15 minutes to register and administer the test. After leaving the test site a result will be provided in around 30 minutes.

- Your result will be sent to you via SMS and/or e-mail – you will be asked for these contact details on registration. Results will be communicated at latest within a day of the test.

- If you do not receive your result within 24 hours, please let us know at ask.lft@cumbria.gov.uk.

- If you test positive with the lateral flow test you will need to self-isolate for 10 days. Eligible individuals who test positive will be entitled to the £500 Test and Trace Support Payment in the same way as a regular swab test through NHS Test and Trace. Please note the government has laid down eligibility criteria.

- If you test negative with the lateral flow test you will need to continue to follow the preventative measures currently recommended for stopping the spread of the virus - to protect yourself and others, you must remember important social distancing should continue : **Hands. Face. Space.**

If you have any queries, please email the project team via ask.LFT@cumbria.gov.uk