

News Release



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For Immediate Release

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More Covid-19 Lateral Flow Tests centres open around county

Essential workers who cannot work from home now have more ways to access regular COVID-19 Rapid Result Lateral Flow testing with eleven testing sites now open in Cumbria.

Last week five testing sites opened in Carlisle, Aspatria, Kendal, Penrith, and Millom.

This week, six additional sites have been opened in Barrow in Furness, Dalton, Milnthorpe, Sedburgh, Workington and Whitehaven.

Lateral Flow tests give a result in 30 minutes and help identify asymptomatic carriers, people who do have COVID-19 and are infectious but are not ill. These people can then self-isolate to protect others.

The testing sites are open to any essential workers who cannot work from home and come into regular contact with other people through their job, and who *do not* have

COVID-19 symptoms. The tests are free and no booking is required, but please note the sites are only open at the times stated.

The tests are a major element of Cumbria's strategy to battle COVID-19 and quickly becoming a routine part of many people's working lives, with thousands having a test every week. But not all employers are able to provide the testing themselves and that's where the County's community testing sites come in.

People who *do* have symptoms of coronavirus should book a test at nhs.uk/coronavirus or by calling 119. They should not attend a Lateral Flow Community Testing Site.

Colin Cox, Cumbria's Director of Public Health, said:

"Mass Lateral Flow Testing of those *without symptoms* is a key part of the strategy for preventing the spread of Covid and getting us out of lockdown.

"With these additional 6 sites announced this week, we now have eleven sites up and running. Opening times will be reviewed based on demand for testing and more sites are also being scoped as possibilities. People who want to access rapid testing have a range of options to choose from. It's quick and simple and gives people the reassurance that they are not unwittingly infecting other people as they go about their work.

"I'd strongly encourage those essential workers who are unable to work from home, cannot be tested in the workplace and are in regular contact with other people to make use of the new community testing sites."

Ends

Notes for Editors

Details of all test centres and opening times below.

NOTE: testing not available outside the times stated)

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

- Saturdays 09:15 - 12:30

Barrow: Furness Academy Park Drive, Barrow-In-Furness, LA13 9BB

- Tuesday 17.15 – 19.30
- Thursday 17.15 – 19.30

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

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

Dalton: Dowdales School, Dalton-In-Furness, LA15 8AH (Please Park at bottom and walk up drive)

- Monday 16.15 – 18.30
- Thursday 16.15 – 18.30

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

- Thursdays 17.15 - 19:30
- Saturdays 09:15 - 12:30

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

- Saturdays 09.15 - 12:30
- Wednesdays 17.15 - 19:30

Milnthorpe : Dallam School, Haverflatts Lane, Milnthorpe, LA7 7DD

- Tuesdays 17.15 - 19:30

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

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

Sedburgh: Settlebeck School, Long Lane, Sedbergh, LA10 5AL

- Monday 17.15 – 19.30

Whitehaven : St Benedicts School, Red Lonning, Whitehaven, CA28 8UG

- Wednesdays 17.15 - 19:30

Workington : Workington Academy, Stainburn Rd, Workington, CA14 4EB

- Monday 17.15 – 19.30
- Thursday 17.15 – 19.30

To attend a site and be tested:

- No appointment is necessary - please just arrive at the testing site between times stated.
- 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.