

# LATERAL FLOW TESTING

We understand how important it is for you to be supported when attending the maternity unit and to share the experience of pregnancy with your birthing partner. **Regular testing enables us as a service to move safely and positively towards women attending ALL appointments with their partner/supporter.** This can include antenatal and postnatal appointments in the community setting.

The Government now has an initiative in place which offers all members of the public 2 lateral flow tests per week as part of the effort to control the spread of COVID-19. The lateral flow tests can be accessed from pharmacies, community hubs and online. It is advised that women and partners take a lateral flow test twice a week (as per government guidelines) at home before attending a midwifery appointment.

**Lateral flow tests are FREE and you get a result 30 minutes after taking the test.**

If you would like to order a rapid lateral flow test to your home, use the following link: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

If you cannot order online, you can order on the phone by calling 119. Telephone lines are open 7am to 11pm and calls are free.

You can only use this service if:

- ▶ You do not have coronavirus (COVID-19) symptoms
- ▶ You have not been told to self-isolate
- ▶ You cannot get tests from your work, school, college or university (ask them for rapid lateral flow tests)

**You must report the result of a lateral flow test**

Report the result EVERY time you use a rapid lateral flow test kit, as soon as possible after you get the result. Use the following link to report your result:

<https://test-for-coronavirus.service.gov.uk/report-result/registering-for>