

Coronavirus COVID-19

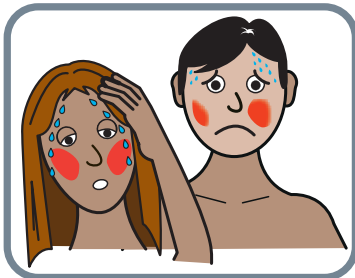
Pre-booked community testing



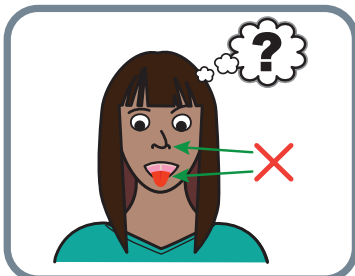
You can ask for a Coronavirus test if you or someone you live with has any of these symptoms.



- A new **continuous cough**.



- A **high temperature**
Feel hot to touch on your chest or back.



- A change or loss in your **taste or smell**.
- Then you can book for a Coronavirus test.

If you have symptoms of coronavirus: only leave the house for health appointments and your coronavirus test.

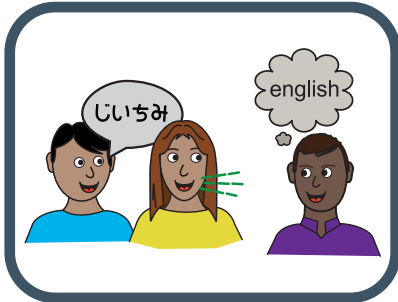


There are 2 ways to book a test

1. By phone: 119

2. Sending off for a test kit to be sent to your home, this can be done through the national booking website at:

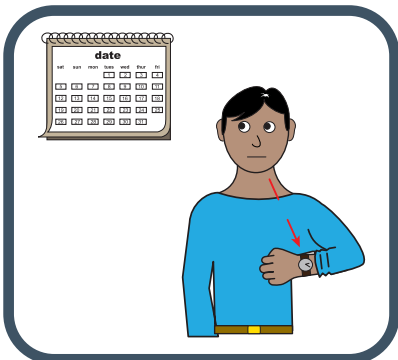
www.nhs.uk/coronavirus



If you **don't speak English**, we can help you with an **interpreter**.



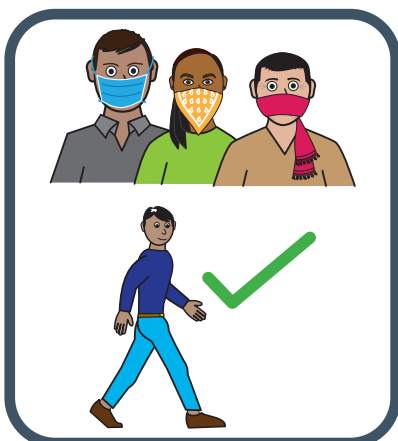
To use the walk-through testing sites it is best to have a pre-booked appointment. You can turn up without an appointment but you may have to wait.



When you have booked you will be given a date and time to come to your appointment.

Your test will take place at Bridge Community Church, Rider Street, Leeds LS9 7BQ or Gryphon Sports Centre, University of Leeds, Woodsley Rd, Leeds LS2 9LZ.

Please **do not come early** as you will have to wait.



When coming to your appointment

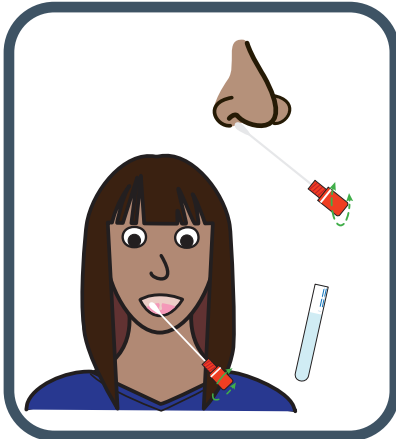
Please make sure you wear a face mask or face covering during your walk and at the test site.

There is nowhere to park a car.



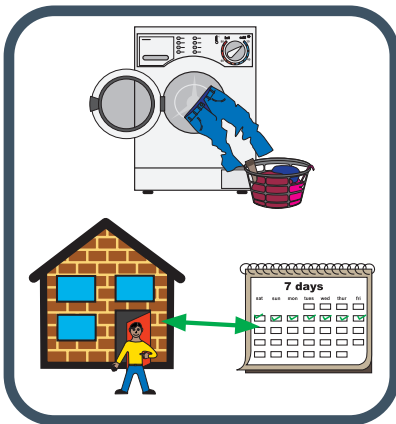
We will ask you to use **hand sanitiser** and **keep 2 metres away** from other people when you are here to keep everyone safe.

Having the test



- You will wipe one swab or large cotton bud at the back of your throat.
- You will use another swab or large cotton bud and gently rub it around the inside of your nose.

After the test



Please go straight home.

When you get home please wash your clothes and hands.

Stay home until you know that you don't have the virus.

Your results



You will receive your test results by email and text message within 24–72 hours of completing the test

If you are feeling more poorly



1. Contact your **GP** by phone.

2. If you are unable to contact your GP please contact **111**.

3. If it is an **emergency** then please call **999**.

Remember to **wash your hands** regularly, for at least **20 seconds** at a time.

1. wet your hands with tap water



2. apply enough soap to cover all your hands



3. rub hands palm to palm



4. rub back of hand and between fingers



5. rub palm to palm between fingers



6. rub with backs of finger



7. rub each thumb cupped in other hand



8. rub tips of fingers in each palm



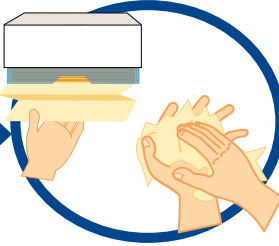
9. rub each wrist



10. rinse hands with water



11. dry hands with a paper towel



12. throw paper towel in the bin



#StaySafeSaveLives