



GIG
CYMRU
NHS
WALES

Profi
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Test
Trace
Protect



DIOGELU CYMRU
KEEP WALES SAFE



Are you an unpaid carer or delivering care and support services in your community as a paid member of staff or a volunteer?

Then you can get free rapid COVID tests called lateral flow tests delivered to your home or you can collect them from your local test site:

www.gov.wales/rapidtesting

We recommend you use the rapid tests twice a week, three or four days apart before you go to work or start your caring role. The test kits include instructions on how to complete the test. Please remember that tests are not 100% reliable and although they will offer some additional level of reassurance you should continue to follow social distancing (where possible), good hand and upper respiratory hygiene and effective use of PPE. You or those you care for may have received both of their vaccinations but with the risk of new variants, it's important that you continue to take tests and these other actions to keep people safe.

It's important you register your test result whether it is positive, negative or invalid through this website: www.gov.uk/report-covid19-result

If you do have a positive rapid COVID test you should take a follow up COVID test (PCR) within 24 hours and isolate until you have your result. Your follow up COVID test (PCR) can be booked online at www.gov.uk/get-coronavirus-test or by calling 119. If you have a positive follow up COVID test (PCR) you will need to isolate for 10 days. If you have a negative follow up COVID test (PCR) you can return to your work or caring role.

People who should consider accessing these test kits include:

- Personal assistants (providing individual care and support to people in their own home).
- Unpaid carers.
- Community drivers (who are transporting vulnerable people to and from key services).
- People working in supported accommodation services.
- People delivering other community support services such as care and repair, individual support.
- Agency staff delivering health and social care services.