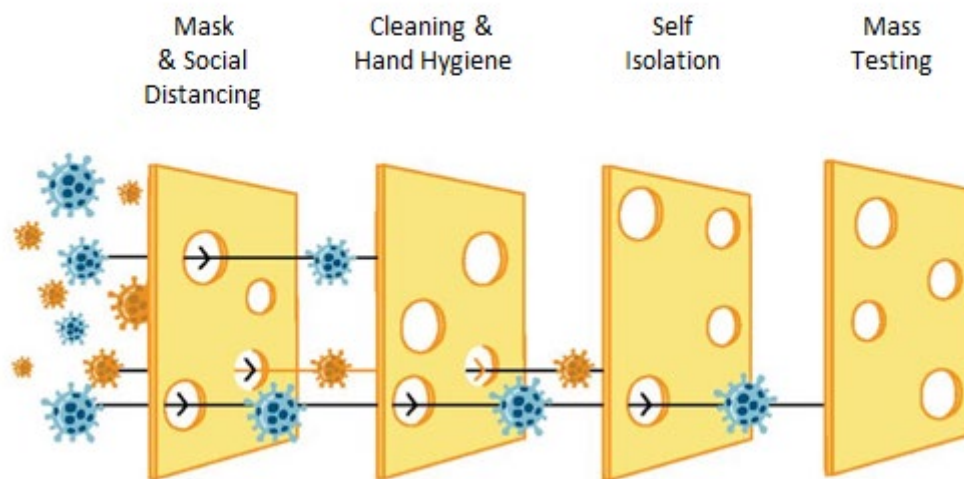


Mass testing using Lateral Flow Devices (LFDs) is only one measure to help reduce the spread of covid-19.

To be effective you should take two LFD tests three days apart and ensure that you swab your nose and throat thoroughly. Three days is the ideal time between tests. You can have a longer gap between tests if required, but this is not recommended.

In advance of any widespread vaccination program social distancing, wearing face-coverings and 14 days self-isolation periods will still be needed to reduce the spread of Covid-19. This is the best way to keep our community, family and friends safe. Testing is one method to reduce the spread of Covid-19 but it doesn't work in isolation.

This is best illustrated by the "Swiss Cheese model" which shows how the combined effect of all the control measures work together to limit the spread of Covid-19.



The University strongly encourages all members of the University to take advantage of the mass testing facility while it is available but its availability does not mean that other precautions can be ignored or relaxed.

It is acknowledged that LFDs are less sensitive to Covid-19 infections during the initial stages of an infection when compared to PCR tests (polymerase chain reaction test - the type you get through the NHS). It is for this reason that two LFD tests are required three days apart and why swabbing of the nose and throat is carried out under supervision by a trained test assistant.