

Help stop the spread of COVID-19 in Edinburgh



COVID-19 Testing

Thank you for helping to stop the spread of COVID-19 in your community and in Edinburgh.

There are three things we can all do to help:

- Regular testing - almost 1 in 3 people infected with COVID-19 don't have any symptoms but are potentially passing on the virus unknowingly to family, friends and others in the community
- Getting vaccinated – two doses will provide maximum protection
- Self-isolating when needed.

Regular testing helps us identify people who have the virus – it's quick, easy and safe.

Testing is available to people with and without symptoms. It can be carried out at home, or at one of the COVID-19 testing centres across Edinburgh.

There are 2 different types of COVID-19 test:

1. Lateral Flow Test (LFT)
2. Polymerase Chain Reaction (PCR)

What's the difference and when should each one be used?

Lateral Flow Test (LFT)

- This test should be used if you have no COVID-19 symptoms
- It can be done at home or at a test site (for people with no symptoms) and results are normally available within 30 minutes - find out [where these test sites are](#)
- Easy Read instructions for home testing can be found [here](#)
- If you have no symptoms, please test twice a week and report your results online.

Polymerase Chain Reaction (PCR)

- This test should be used if you do have symptoms or get a positive LFT result
- It is more sensitive than an LFT and a reliable way to detect the genetic material of the virus
- This test can be done in a test centre or at home and is sent to the lab for analysis - results are normally available within 48 hours.
- You can book a PCR test [online](#) or by calling the National Testing Centre on **119**.

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