

du Boulay

CONTRACTS

COVID 19 TESTING STATEMENT

Version 1.0
08/03/2021

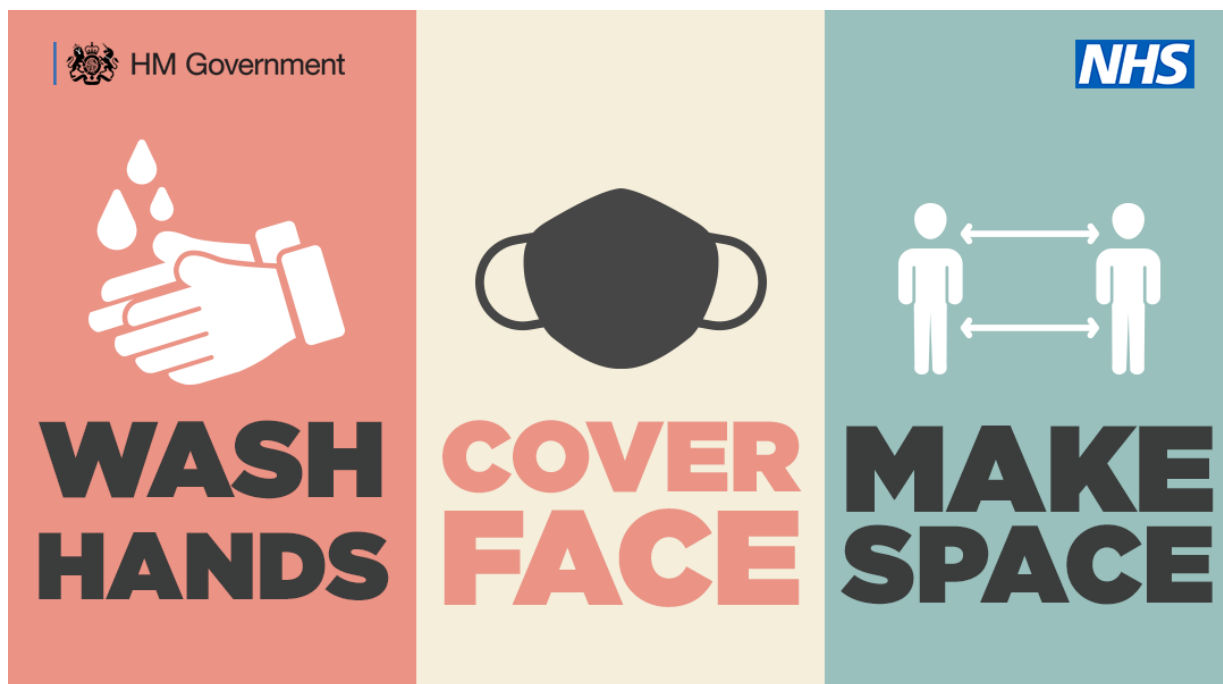
General Statement

du Boulay Contracts Ltd strongly recommend that all staff members, subcontractors, site operatives, client direct operatives and **all** site visitors adhere to the Government Track and Trace and Community Testing programs.

In accordance with the latest advice from the HM Government, du Boulay Contracts encourage all staff, operatives and visitors to take part in the Track and Trace program alongside other relevant Government programs such as Rapid Lateral Flow testing. **This is to take place within your local Community Testing centres, not on any of du Boulay sites.**

du Boulay Contracts will promote literature and knowledge (including local Community Testing centres) and other COVID-19 prevention schemes within its site communications and as visual aids on all sites under our management.

du Boulay Contracts Ltd would like to remind all site operatives and visitors that the General COVID-19 prevention rules are in operation on all sites and premises currently under our management.



Scott Linden
Managing Director

8th March 2021

Please find information regarding the rapid lateral test below:

Please do not make an appointment for lateral flow test if you have any symptoms (a new, continuous cough, high temperature or change in your sense of smell/taste). You should book the PCR test (<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#who-can-be-tested>)

- You can only get an asymptomatic test if you book an appointment in advance.
- Test is organised by your local council
- Test is free of charge
- It is recommended to test twice a week
- You can book more than one appointment per person
- The community testing sites have been carefully designed with clinical protocols in place and using purpose-built booths, so that social distancing and strict cleaning processes can be adhered to
- The test involves individuals self-swabbing (although assisted swabbing is available upon request) and tests are recommended twice a week, with 3 or 4 days between tests. Find out more about how to take a test below.
- Normally, the testing process takes approximately 15 minutes - this will include the registration process and taking the swab test.
- As part of the swab process, you will be required to blow your nose, so bring some tissues with you if you have any.
- During busy periods, you may need to wait outside, so please wear a coat or something warm.
- Once you have completed the test, you can leave, as your results will be sent to you via text or email.

Arriving at the site

When you arrive, you will be met by a member of staff who will provide you with information on how to register your test on the NHS website. You will then be provided with a unique barcode to finalise this registration process.

Once registration is complete, you will be directed to a testing booth where you will be able to complete the swab. Please see the step-by-step guide below.

Testing assistants will be available to answer any questions you have and support you through the process.

If you test positive

If you test positive, you will need to isolate for 10 days along with other members of your household. NHS Test and Trace will support you to identify close contacts. The council will get in touch to give you more information about practical and financial support available to help you isolate. There is lots of support for anyone who needs it in order to self-isolate.

If you test negative

You must still take extra care and follow national guidance. Don't invite anyone into your home who doesn't live with you, work from home if you can, wash your hands often and well, keep your distance from people you don't live with, wear a mask in shops or on public transport. You need to continue to take these measures even if you test negative as the test might not have picked up the virus or you could be incubating it.

You can find out more from the website below:

<https://www.gov.uk/find-covid-19-lateral-flow-test-site>

Take swab sample

Step-by-step guide

Need help?

If you have any questions or problems with this test kit, please alert a member of staff.

1



Remove your face covering.
Look inside your mouth, and find your tonsils at the back of the throat. You can use the mirror to help.
Your tonsils or where they would have been (if they are removed) are where you will swab your sample.

2



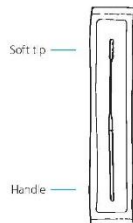
Gently blow your nose into a tissue
Throw the used tissue into the clinical waste bin provided.
This is so that you get rid of excess mucus.

3



Use hand sanitiser to clean your hands.
This is so that you do not contaminate the test kit.

4



Check if there is a swab in a sealed pack in front of you.
Identify the soft, fabric tip of the swab.

5



Open the package and gently take out the swab.
This will be used for both throat and nose.

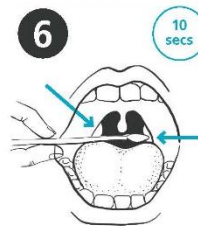
Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab.

The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

The swabbing may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain.

If there is blood or vomit on the swab sample, please alert a member of staff.

6



Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been) at the back of the throat with good contact **at least 3 times** (use a mirror to help you do this).
Carefully remove the swab stick from the back of your throat.

7



Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose).
Roll the **swab 5 times** along the the inside of the nostril.

After collecting the sample hold the swab upright in your hand, do not put it down and notify one of the Testing assistants.

Be careful not to touch any surfaces with the swab. Put on your face covering.

Follow the instructions from a member of staff on what to do next.

Use hand sanitiser after handing in your sample.



HM Government

NHS

Test and Trace

**Don't be
the one who
brings COVID-19
to work.**

If you have a new continuous cough, a high temperature,
or have noticed a loss or change in your smell or taste:

DON'T GUESS, GET A TEST.

CORONAVIRUS

“The last thing I want is to be the one who spreads it at work.”



ISAAC, CONSTRUCTION WORKER

Get free, rapid tests if you have to leave home to work.

Get tested, even if you don't have symptoms.

Around 1 in 3 people who have Covid-19 don't have any symptoms and can spread it without knowing.

Test regularly – at least once a week.

REGULAR TESTING FOR SAFER WORKING IS HERE