

Cumbria County Council, Cumbria House, 107 – 117 Botchergate, Carlisle, CA1 1RZ

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Dear Parents / Carers

Lateral Flow Testing for household members

Members of households, childcare or support bubbles of school staff and pupils can now access lateral flow devices to carry out rapid testing at home. From 1 March 2021, if you are a member of a household, childcare bubble or support bubble of staff or a pupil, you can access twice-weekly rapid testing via one of the following routes:

Get a test through your employer

Your workplace may offer rapid lateral flow testing to you. Contact your employer to find out more.

Take a test at a local testing site

You can take a rapid lateral flow test at one of the local test sites listed below. Testing at these sites is assisted, which means you will swab yourself under the supervision of a trained operator. You should not need to book an appointment. Test sites will generally be open between 1.30pm and 7pm for lateral flow tests. Do not visit outside of these opening hours, as the site may be being used for the testing of people with coronavirus symptoms.

The test sites in Cumbria are listed below:

- Allerdale House Overflow Car Park (Workington)
- Barrow Town Hall Courtyard (Barrow)
- Carlisle Airport (Carlisle)
- Castle Meadows Car Park (Whitehaven)
- Cecil Street Car Park (Carlisle)
- County Hall Car Park (Kendal)
- Sandgate Car Park (Penrith)

Collect test kits from a test site

You can collect two packs of home test kits at a local collection point. Each pack contains 7 tests. Anyone aged 18+ can collect.

Most collection points are open from 1.30pm to 7pm. You can check online if the location is open or busy before you go. You do not need to make an appointment.

Do not visit a collection point outside opening hours, as it may be used to test people with coronavirus symptoms outside these times.

Find your nearest home test kit collection point: <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>

Order home test kits online

If you cannot get tested at your workplace or are unable to go to a test site or collect test kits, you can order a home test kit online. Do not order online if you can get a test through other methods. This frees up home delivery for those who need it most.

Order rapid lateral flow home test kits: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Please note that whilst the online information does not specifically indicate the age range for household members rapid testing, it is predominantly aimed at adults aged 18+.

Yours faithfully



Colin Cox
Director of Public Health Cumbria