

A handy guide to keep

As a community we have worked hard to support one another, helping our family, friends and neighbours. This is testament to the incredible community spirit we have here in Shetland. We need to continue to be mindful of covid protocols and follow some simple steps to ensure we continue to keep one another safe.

Lateral flow testing

- Lateral flow device tests (LFD tests) should only be used if you have **no covid symptoms (also known as being asymptomatic)** and have not tested positive for covid in the previous 90 days.
- It is recommended everyone aged 12 years and over undertakes twice weekly testing.
- We do not recommend regular testing for anyone under aged 12 years.
- Those who undertake testing in education or for workplace purposes should order their kits through their workplace protocol.

PCR (lab) testing

A PCR test should only be undertaken if:

- You have covid symptoms (also known as symptomatic) **or**
- You have a positive LFT **or**
- You are a health or social care worker and required to take an **asymptomatic** PCR test for work purposes **or**
- You have been asked to get one
- If you have been asked to take a PCR before admission to/attending hospital, please follow the advice from your clinical team.
- If someone in your household has symptoms of covid and you are awaiting results the entire household must isolate.
- PCR tests for travel must be obtained privately – refer to Scottish Government guidance www.gov.scot/publications/coronavirus-covid-19-guidance-on-travel-and-transport

How to order LFD tests

- You can order LFD tests online here: www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms

You can also collect from:

- Local pharmacies: Brae, Scalloway, Boots, Freefield and Laing's Kantersted.
- Local Health Centres: Unst, Yell, Whalsay and Walls.
- The Test & Protect Office: Greenhead Base, Lerwick, Monday-Friday 8am-5pm.

How to request a PCR test

- PCR tests can be ordered using the online form available via the **NHS Shetland website** homepage: www.shb.scot.nhs.uk
- The link to the local referral form is highlighted in yellow "self-refer for PCR covid test".
- Once you have completed this form a local coordinator will be in touch to discuss the next steps.
- If you **do not** have access to the internet, you can call the team, Monday to Sunday; 8am – 4pm on **01595 532030**

Contact tracing

When you are identified as a close contact and contacted by the tracing team or via the proximity app, you must:

- Immediately self-isolate.
- Request a PCR test unless otherwise advised by the contact tracing team, via the NHS Shetland website homepage. The link to the local referral form is highlighted in yellow 'self-refer for PCR covid test'.
- You will then be advised what to do by the contact tracing team.

Low risk contact letter

These letters may be issued when you have not formally been identified as a close contact but you may have been within a setting around the same time as a positive case.

If you receive a low risk contact letter, you must:

- Be especially vigilant for symptoms.
- Ensure you are following all the precautions possible to stop the spread of covid.
- If you begin to experience covid symptoms you must self-isolate, with your household, and book a PCR test.

Ways to protect yourself and the community

- Wash your hands frequently and use hand sanitiser regularly.
- Wear a face covering.
- Ensure good ventilation indoors.
- Where possible, keep your distance from those outwith your household.
- If you're aged 12 years or over undertake twice weekly LFD tests.
- Ensure you are fully vaccinated, if eligible.

Vaccinations

- Vaccinations are available to all those aged 12 years and over.
- NHS Shetland is now inviting young people aged 12-15 years to have the vaccine, this will continue through the autumn.
- If you are aged 16 and over and have not yet received your first dose of the vaccine you can request it via:
 - shet.vaccination-team@nhs.scot **or**
 - by phoning 01595 743319 (voicemail service).
- The vaccination programme continues to change: we will share further information on social media and through local media.

Useful contact details

VACCINATIONS:

- shet.vaccination-team@nhs.scot
- 01595 743319 (voicemail service)

BOOKING PCR TESTS:

- www.shb.scot.nhs.uk
- If you don't have access to the internet, you can call **01595 532030**; Monday to Sunday 8am-4pm

ORDERING LFD TESTS:

- www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms
- Collect locally at various pharmacies and health centres
- Collect from the Test and Protect Greenhead Base

PUBLIC HEALTH GENERAL ENQUIRIES:

- **01595 743340** (Business hours)

SIC SUPPORT HUB:

- **0800 030 8780** (Isolation Grant and Accommodation Support whilst isolating)
- Available Monday-Friday 9am-5pm
- covid19support@shetland.gov.uk

This information was correct at time of printing (October 2021) but is subject to change. For the latest guidance, please refer to the Scottish Government website: www.gov.scot/coronavirus-covid-19 and NHS Inform: www.nhsinform.scot
This document is available in accessible formats upon request.