

Information for you

From Monday 29 June, Coronavirus (COVID-19) testing will be available on Arran.

To be eligible for a test, you must be over the age of five years old, and have any of the following symptoms:

- a new continuous cough;
- a fever / temperature (37.8°C or above);
or
- a new loss of sense of smell or taste.

Tests should be taken in the first five days after symptoms first appear. If you develop symptoms that could be COVID-19, it is vital that you self-isolate and request a test.

What does self-isolating mean?

Self-isolating is what the Scottish Government is asking people to do if they are experiencing any symptoms of COVID-19; if they have tested positive for the virus; or if someone in their household is experiencing symptoms or has tested positive.

Those with symptoms must self-isolate for at least seven days. Household contacts of someone with symptoms or someone who has tested positive must self-isolate for 14 days, and longer if they themselves go on to develop symptoms.

Self-isolating means not leaving home at all, and, if you live with others, taking extra precautions within the household to try to avoid spreading the virus between household members.

What is the process for testing?

If you need a test and meet the eligibility criteria, you should telephone the referrals phone number on 01770 601033. Lines are open from 9am to 5pm Monday to Friday.

The test for COVID-19 is a swab from your mouth and nose. This will either be done by a healthcare professional, or as a self-test. For a self-test, a member of the testing team will explain what to do, and will supervise you to do it.

Testing is strictly by appointment only. It is important that you arrive on time for your test once appointed – please don't too early or late. Also, it is vital that you and your household contacts strictly self-isolate while awaiting for your test and the results.

Results are usually available within 24 to 48 hours of the test.

What happens when a test is positive?

If you have tested positive, you will receive a phone call from the NHS Results Hub informing of the positive result. You will have to self-isolate for at least seven days, or until you are feeling well and have been free of any fever for at least 48 hours.

What happens when a test is negative?

If you have tested negative, you will receive a phone call from the Results Hub informing of the negative result. After a negative result you can continue as normal, but should continue social distancing and take normal precautions. However, if you develop symptoms in line with COVID-19, you should self-isolate for at least seven days or until feeling well and without a fever for at least 48 hours.

If you are unwell and need to speak to a doctor, telephone Arran Medical Group on 01770 600516 or call NHS24 on 111 out-of-hours.

Further information

Further information and advice about COVID-19 can be found at www.nhsinform.scot or by calling 0800 028 2816.



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