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Testing for Essential Workers

Testing for coronavirus (COVID-19) is now available to people in Cumbria at a range of locations.

Testing is available to:

- all essential workers including NHS and social care workers with symptoms (see the full list of [essential workers](#))
- anyone over 65 with symptoms
- anyone with symptoms whose work cannot be done from home (for example, construction workers, shop workers, emergency plumbers and delivery drivers)

Testing is available for all eligible essential workers at sites in Penrith, Kendal, Preston and Gateshead. Eligible health and social care staff can also access testing in Barrow, Carlisle, Lancaster and Whitehaven.

To be eligible for testing people must be:

- Currently self-isolating for *five days or less* due to suspected COVID-19 infection, or;
- A member of an essential worker's household who has suspected COVID-19 infection and has been self-isolating for *five days or less* (which has resulted in the member of staff self-isolating as well).

Testing is most effective in the first *three days* of COVID-19 symptoms appearing. Testing is considered effective up until day five. No testing should be undertaken after day five, unless for a specific reason.

Importantly, while people can make their own bookings for Penrith, Kendal, Preston and Gateshead via [gov.uk](#), to access the Barrow, Carlisle, Lancaster and Whitehaven sites health and social care staff must be referred for testing by their employer.

Full details of how to access all testing available to people across the whole of Cumbria can be found at northcumbriaccg.nhs.uk/covidtesting.



CORONAVIRUS TESTS FOR ESSENTIAL WORKERS



Additional links from gov.uk

- [Guidance on testing for essential workers](#)
 - [List of essential workers](#)
- [Apply for a coronavirus test if you're an essential worker](#)
- [Book a coronavirus test if you have a verification code](#)
- [Apply for a coronavirus test if you have a clinical referral, are aged 65 or over and have symptoms, or must currently travel to work and have symptoms](#)

Find help if you're struggling because of coronavirus

The GOV.UK service allows you to find out what help you can get if you're affected by coronavirus. You can use it for yourself or someone else.

You can find information about:

- feeling unsafe
- going in to work
- paying bills or being unemployed
- getting food
- having somewhere to live
- mental health and wellbeing

[Find help now.](#)

The UK Government and the NHS will keep people informed of new advice and developments. Please check the following sources of advice frequently:

- [GOV.UK](#) will keep you in touch with how the Government is responding and how you can help.
- The [NHS coronavirus \(COVID-19\)](#) page includes the latest health information about how to protect yourself or check if you need medical help.
- [General Frequently Asked Questions \(FAQs\)](#) - Public Health England

- Follow [Public Health England](#) or [The Department of Health and Social Care](#) on Twitter for regular updates.

Government Coronavirus Information Service on WhatsApp

- To use the free service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Please remember to only follow and share credible and trusted information and guidance from [gov.uk](#), Public Health England, the Department of Health and Social Care, [NHS](#) and local agencies including councils and Police

HM Government

**CORONAVIRUS
TESTS FOR ESSENTIAL
WORKERS**

Find more information and how to book
a test at [gov.uk/coronavirus](#)

NHS

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**