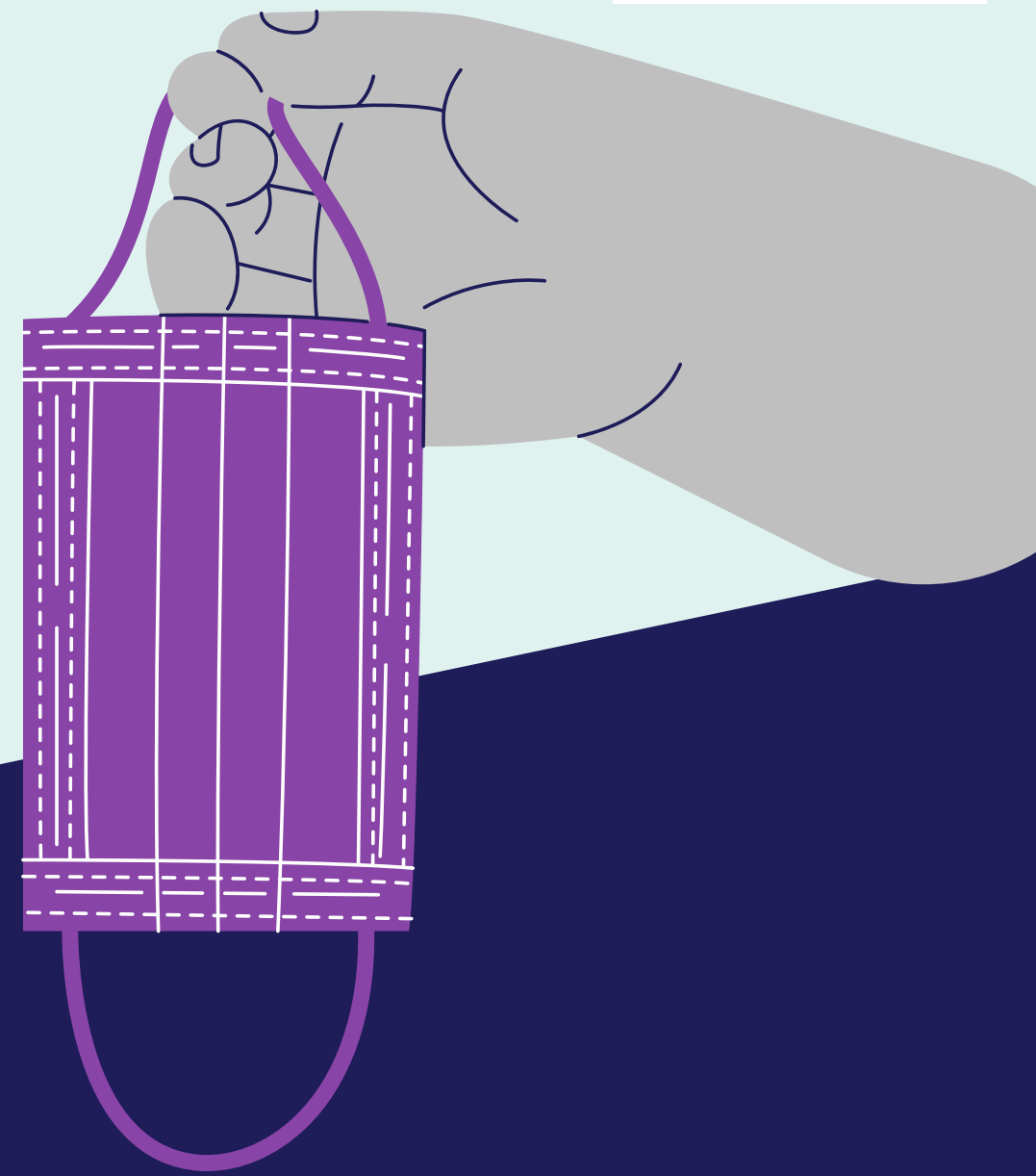# #StopTheSpread

Rapid Testing

Newham are now providing regular rapid testing available for people who do not have symptoms, can't work from home and who work with or live with someone who is vulnerable.
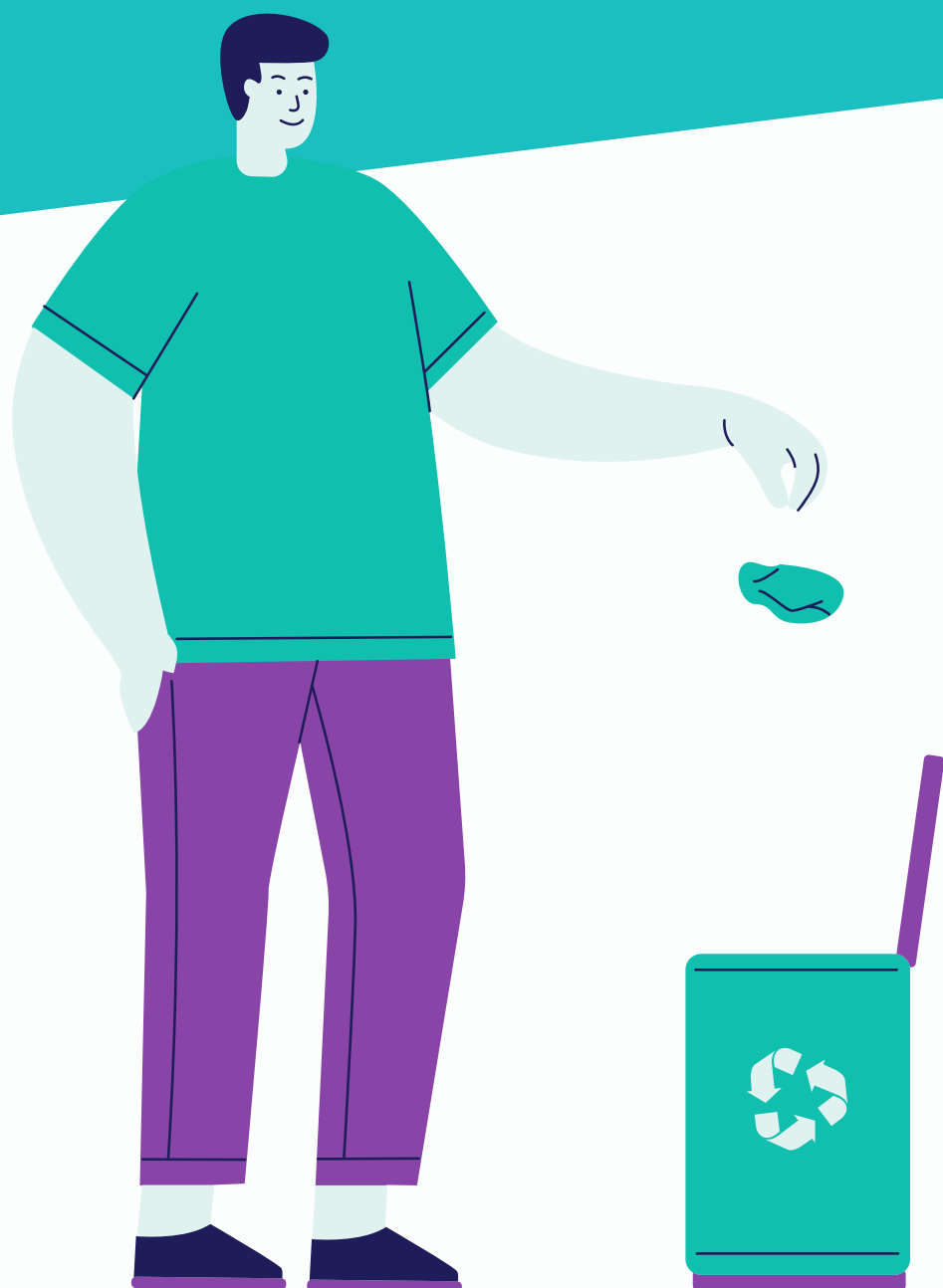
Rubbing ALCOHOL

Find your local testing centre and book a test here:

https://www.newham.gov.uk/rapidtesting

How it works

1. **You can get tested if** you are not able to work from home, and/or you live or work with vulnerable people and need to check whether you are positive without symptoms.

2. **If you test positive** you must isolate immediately and get a normal test to confirm.

3. You are able to get rapid tested **twice a week, even if you have no symptoms.**

Things to remember

1. A negative test today doesn't mean a negative test tomorrow.

2. If you test positive you **must order a normal test to confirm** this, and **self isolate.**