

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

How to get a rapid lateral flow test

Members of households, childcare or support bubbles of school staff and pupils

This section does not apply to secondary school pupils, and primary and secondary school staff, who should take twice-weekly tests using home test kits provided by their school.

From 1 March 2021, if you're a member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test:

- through your employer if they offer testing to employees
- at a local test site
- by collecting a home test kit from a test site
- by ordering a home test kit online

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 rapid lateral flow test site

- You can take a rapid lateral flow test at a local site. Testing at these sites is assisted, which means you will swab yourself under the supervision of a trained operator.
- You may need to book an appointment.

[Find your nearest rapid lateral flow test site.](#)

Collect test kits

- You can collect 2 packs of home test kits at a local collection point. Each pack contains 7 tests.
- Anyone 18 or over 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.](#)

You can find more information here: <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>