



Covid 19 – Staff PCR Self Testing

This guidance and associated materials have been coproduced by Aberdeen City Health and Social Care Partnership (ACHSCP), Care at Home Providers, NHS Grampian, and Scottish Care to give support Covid 19 virus testing of staff delivering care to people in their own homes.

How do you get yourself up and running?

In addition to reading the attached guidance note in full, a series of workshops have been organised by the Scottish Government. A recording of one of the workshops will also be made available. Please note that these workshops are not specific to care at home staff testing.

- Friday, 29 January, 2-3pm [Click here to join the meeting](#)
- Monday, 01February, 2-3pm [Click here to join the meeting](#)
- Tuesday, 02 February, 2-3pm [Click here to join the meeting](#)
- Monday, 08February 2-3pm, [Click here to join the meeting](#)
- Tuesday, 09 February, 12-1pm [Click here to join the meeting](#)
- Monday, 15 February 2-3pm, [Click here to join the meeting](#)
- Tuesday, 16 February 2-3pm, [Click here to join the meeting](#)

What are the benefits of testing?

Regular testing enables ongoing identification of the virus and an additional layer of protection against the spread of the virus to those being care for, their family, colleagues, and the community.

It does not replace or mitigate the need for the other layers of the infection protection and control measures already in place including the use of Personal Protective Equipment (PPE).

How often will staff be tested and when?

Care at Home staff will be required to undertake a PCR tests on a weekly basis, on the same day every week.

The choice of days that the test must be undertaken are:

- Thursday
- Friday
- Saturday
- Sunday



What happens after a positive test result?

You will be asked to follow current self isolation guidelines. In addition, you will not have to retest yourself using a PCR test kit for a period of 90 days after receiving your positive test result. Once the 90 days have passed you will recommence the weekly testing process.

Will testing stop after staff have received their vaccinations?

Testing of Care at Home staff will continue for a minimum of period of 3 months after both doses of the vaccination has been given.