

## Lateral Flow Testing for Unpaid Carers

In response to the latest Welsh Government Guidance regarding unpaid carers and the availability of lateral flow tests, Newport City Council have testing kits available for those caring for people considered clinically vulnerable. This includes chronic heart, kidney, liver or neurological conditions, organ transplant recipients, specific cancers, severe respiratory conditions, rare diseases, adults with Down's syndrome and people on immunosuppression therapies that increase risk of infection.

If you care for someone clinically vulnerable, packs are available by **telephoning Newport City Council on 01633 235650** or **email: [community.connectors@newport.gov.uk](mailto:community.connectors@newport.gov.uk)**. Please be advised that you will be asked a few questions about the person you care for by the staff member.

Vaccines are very successful in protecting people from getting very sick in most cases but there is a **wider group people whose conditions mean they are at an increased risk**, but are not considered clinically extremely vulnerable. If you are within this group, you should be rigorous about following social distancing measures but otherwise follow the same advice as the general population. <https://gov.wales/guidance-on-shielding-and-protecting-people-defined-on-medical-grounds-as-extremely-vulnerable-from-coronavirus-covid-19-html>).

If you have COVID symptoms you should use a lateral flow test. These can be ordered [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) or by calling 119. If you test positive you should report your results [www.gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result) and isolate for a minimum of five full days until you get two negative results taken a day apart or until day 10.