

# Visiting the RHN:

## Performing your own lateral flow test

In order for us to quickly progress to more regular visiting, we're asking all visitors to perform their own lateral flow test (LFT) on the day of their visit, prior to arriving at the RHN.

These are the same rapid-result tests that we have been performing at the RHN before all visits in 2021.

You can request a pack of seven tests for free from the following website:

[gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

You can also pick up lateral flow test kits from your local pharmacy.

### Performing your LFT: test, report, show

#### Test

Perform your test as directed in the instructions that came with your lateral flow test kit.

#### Report

Your results **must** be submitted online at [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)

You can also find this page by scanning the QR code on the right with your smartphone.



When submitting your results, please use our unique organisation number – **10317329** – so that all test results can be traced back to the RHN.

#### Show

After submitting your result online, you will then receive a notification.

Depending on which details you provided, you will either receive an email from [nhs.covid19.notification@notifications.service.gov.uk](mailto:nhs.covid19.notification@notifications.service.gov.uk) or a text message from **NHS COVID-19 Notification**

Before you can be allowed to proceed to the ward area you will be required to show one of these two notifications on arrival at the RHN.

From Monday 31 May 2021 you will be required to carry out your own test prior to visiting the RHN. For those unable to carry out their own test, we will have a volunteer on site who will be able to carry out testing between 12–4pm, however spaces will be limited.