

LFD and PCR Tests Explained (videos)

There are now videos available in various languages to help explain LFD tests and PCR tests. There are also videos for LFD and PCR tests that explain how to do these at home. The videos are in the following languages: Arabic, Bengali, British Sign Language, Bulgarian, Cantonese, English, Kurdish, Polish, Punjabi, Spanish, Swahili, Romanian, Urdu, and Vietnamese.

The video link titled '**The LFD test for people with no symptoms**' encourages people to get tested. It provides information on the LFD test, where to get tested and the support available if they test positive.

The video link titled '**What is a PCR test?**' provides information on why people should take the PCR test, where to get tested, what support is available if they test positive and how to keep safe.

The video link titled '**How to do an LFD test at home**' provides audio-visual instructions and a 'follow along' step by step video demonstration of the LFD test, what to do if you are positive, support for self-isolation, where to get further advice and how to stay safe.

The video link titled '**How to do a PCR test at home**' provides audio-visual instructions and a 'follow along' step by step video demonstration of the PCR test. The video also explains what to do if you test positive, when to return to work, support for self-isolation, where to get further advice and how to stay safe.

All of the above topics have videos that can be found by clicking this link:
<https://vimeo.com/channels/1744773/videos>