

## Coronavirus

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as [Middle East Respiratory Syndrome \(MERS-CoV\)](#) and [Severe Acute Respiratory Syndrome \(SARS-CoV\)](#). [A novel coronavirus \(nCoV\)](#) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

At Dr Andrews, we understand that many are concerned about coronavirus, especially if they or someone close to them has recently been travelling. Although coronavirus (CoVid-19) is a very serious issue, it is important to remain calm, cautious and prepared.

With our at home kit, you can test yourself for coronavirus without the risk of infecting others by visiting the GP or hospital.

The test works by analysing for the presence of coronavirus antibodies in your blood, which can be drawn individually with just a prick to the finger, and one drop of blood.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, and thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

### How to administer the test:

1. Wash your hands thoroughly with soap and water and then dry.
2. Clean the forefinger fully with alcohol swap and allow to dry.
3. Massage the hand for 15-30 seconds (without touching the puncture area on the forefinger) to encourage blood flow.
4. Puncture the fingerprint area of the forefinger with the sterile lancet.
5. Wipe away the first sign of blood with a sterile cotton pad.
6. Gently rub/squeeze the hand and forefinger until a rounded droplet of blood forms around the puncture site.
7. Use the disposable sample droppers to collect blood up to the 20µl (microlitres) mark (approximate).
8. Open the foil wrapped cassette (you must use this within one hour of opening) and transfer approximately 20µl (microlitres) of blood into the specimen well of the test, then add two drops of buffer (approximately 80µl).
9. Immediately start a timer for 10 minutes and wait for the coloured lines to appear.
10. Read your results at ten minutes. (Do not interpret results after 20 minutes).

## How to read the results:

There are three markers on the display area which are “C”, “IgG”, and “IgM” that run respectively from top to bottom vertically.

The test is **POSITIVE** for coronavirus (i.e. you ARE infected) if the below combinations of markers have a coloured line next to them:

1. “C”, “IgG”, and “IgM” (all three areas).
2. “C” and “IgG” (top area and middle area).
3. “C” and “IgM” (top area and bottom area).

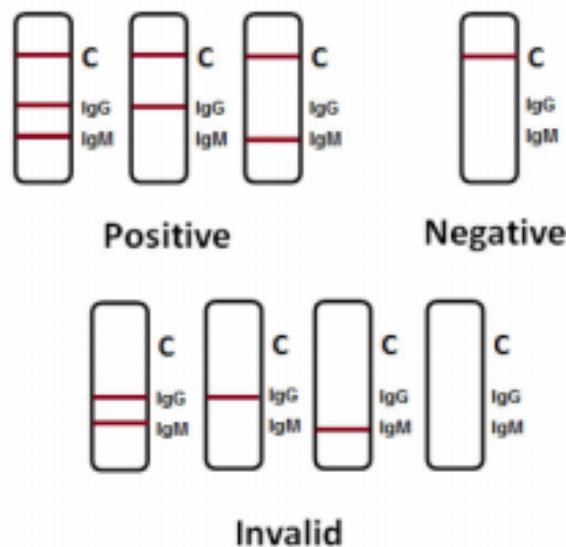
The test is **NEGATIVE** for coronavirus (i.e. you are NOT infected) if the below combinations of markers have a coloured line next to them:

1. “C” (only the top area).

The test is **INCONCLUSIVE** for coronavirus (i.e. the results are not reliable) if the below combinations of markers have a coloured line next to them:

1. “IgG”, and “IgM” (bottom area and middle area).
2. “IgG” (only middle area).
3. “IgM” (only bottom area).
4. No coloured areas.

See diagram (below)



## What to do if your test is positive:

1. Don't go to a GP's office, hospital or pharmacy
2. Call 111 (NHS coronavirus service) and explain your symptoms and at home test results – they will advise you further.
3. Regularly wash your hands thoroughly for a minimum of 20 seconds.
4. You may be asked to self-isolate.
5. It's possible that your details could be passed to health protection teams on a local scale.
6. You may then be tested for coronavirus, and if so your doctor or nurse will advise you further.

## What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

**IMPORTANT NOTE: THIS TEST SHOULD NOT BE USED AS THE SOLE CRITERIA FOR THE DIAGNOSIS OF COVID-19 (CORONAVIRUS) INFECTIONS.**

If the test result is inconclusive or negative and clinical symptoms persist, additional follow up testing is highly suggested.

A negative result at any time **DOES NOT** preclude the possibility of a COVID-19 infection.

### **SOURCES:**

<https://www.bbc.co.uk/news/health-51048366>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.who.int/health-topics/coronavirus>

Further information can be found in the Patient Information Leaflet which is provided with every treatment that Dr Andrews supplies.

If you have any questions please contact Dr Andrews

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