

# Scottish autism

WHERE AUTISTIC PEOPLE  
ARE VALUED

## Stage 1: Test

If you or someone in your household has symptoms of Covid-19 then you and the rest of your household must self-isolate. You should request a Covid-19 test for the person experiencing symptoms as long as they consent to the procedure (also see [Do I have to get tested?](#) and [Giving 'Informed Consent' to Covid-19 Testing](#))

Here is further information about symptoms which would mean you could request a test: [What is Covid-19?](#)

If requesting a test, then this must be done within the first five days of experiencing symptoms. Also see our resource: ['What should I do if someone at home has COVID?'](#)

To request a test, you can either:

1. Do this online on the [NHS website](#)
2. Or phone 0800 028 2816 if you can't access the test form online or need help to complete it.

Once you have requested a test there are different ways you can get tested. The options are:

- **Going to a drive through**  
These are located at sites throughout Scotland, for example at airports and some university campuses.

There are also testing units that drive to towns and stay for a short period of time.

When going to a drive through you are not expected to leave your car.

If you are worried about what to expect, Scottish Autism has also developed a description of the test here: [What to expect - test for Covid-19.](#)

You are also not expected to drive for more than 90 minutes to a drive through. If there is not a site near you, then you should book a home testing kit.

- **Booking a home testing kit**  
These should be sent out to you the following day. However, these are currently in high demand.

For a home testing kit, you will need to do the test yourself or be supported by someone in your household.

Instructions are included in the home testing kit as well as a link to a short video showing step by step how to do the test. If unsure, Scottish Autism has also developed a description of the test here: [What to expect - test for Covid-19.](#)

The next day a Royal Mail courier will arrive at your house to collect the test and take it to the lab for testing.

Whether you go to a drive through, or book a home testing kit, the results of the test will be received by text message within 48 hours.

If you or the person experiencing the symptoms have any worries or concerns about having a test, then you can also discuss this over the Test and Protect phone line on 0800 028 2816 or NHS 24 on 111. It is okay to have worries and concerns, it is normal to have these feelings.

Once tested, your test may come back to say you have Covid-19, this means you move on to the other stages: Trace, Isolate, and Support.

If your test results say you do not have Covid-19, this means you and your household no longer need to self-isolate.

*This document was updated on the 12<sup>th</sup> of August, 2020. This information has been written as clearly as possible for a wide readership. If you require support with this information then please make contact with our [Autism Support Team](#).*