



C1H Frequently Asked Questions

Contents



How will the testing work?Pg 3

How does it differ from the NHS test?Pg 4

How can I get a negative result from C1H and a positive result from the NHS?Pg 5-6

What is LAMP testing?Pg 7

What is PCR testing?.....Pg 8

What is the health impact of testing?Pg 9

How will I receive my results?Pg 10

What do my results mean?Pg 11

What will happen to my data?Pg 12

How will the testing work?



What do I have to do?

A test kit will be sent to your home address. The kit will include a swab in a plastic sheath, a sealable bag and a set of instructions. There will also be a consent form which you will need to fill out with your personal details so that you can be contacted with your result.

To ensure you receive your results it is essential that we have your phone number!

You will need to follow the instructions to take the swab and then send it to the return address on the box.

How does it differ from the NHS test?



Is there any difference in the swabbing process?

NHS testing can vary but the most common protocol requires the swabbing of the throat and tonsil area together with only one nostril, whereas Circular 1 has found that nasal swabbing alone is satisfactory and simpler to perform. In addition, the NHS protocol uses a tube containing a liquid (known as viral transport medium) into which the swab is placed after use whereas the Circular1 Health protocol is 'dry swab' based, so easier to use and less prone to errors.

You will need to insert the swab into each nostril until you meet resistance and then rotate it fully 5 times. It is important to insert the swab into the nostril as far as is comfortable and rotate it to ensure that sufficient sample is collected, this will ensure that the nylon flock structure of the swab is fully loaded with nasal mucosal material. A diligent swabbing process is vital to ensure the highest test sensitivity and will significantly reduce the possibility of inconclusive results; which, if reported by the laboratory, would require the inconvenience of a re-swab.

Circular 1 Health can also offer throat swabbing on request!

How can I get a negative result from C1H and a positive result from the NHS?



What happens if I take two swabs in succession?

An investigation carried out by Circular 1 Health found that taking one swab straight after another is not effective. The table below shows that after the first swab, viral load will be significantly reduced.

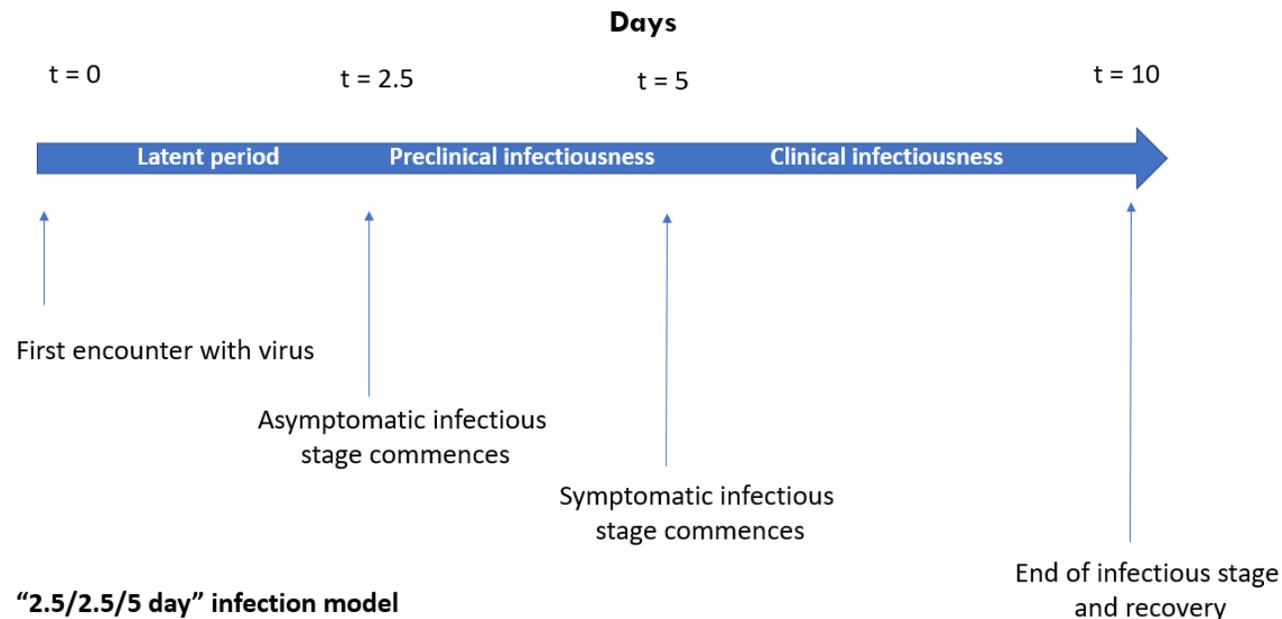
Nasal swab number (in succession)	C1H LampWorx™ result
1	Detectable by LAMP and PCR
2	Signal very low in LAMP, ND by PCR
3	ND
4	ND
5	ND
<i>Symptomatic individual, self swab</i>	<i>ND = not detectable</i>

How can I get a negative result from C1H and a positive result from the NHS?



What if I took the swabs on different days?

The diagram below shows the progression of the COVID-19 infection from the first encounter with the virus to the end of the infectious stage – based on a recent scientific paper that has modelled the ‘third wave’ in the UK. Nasal swabbing is expected to detect the virus in the $t=2.5$ to $t=5$ -day period but it is not clear exactly which day the test will report a positive result due to variation between different individuals as the infection develops.



What is LAMP testing?

What is LAMP testing?

LAMP testing is a very sensitive method used to test for SARS-COV-2, it has a very fast turnaround time.

How does it differ from PCR testing?

LAMP testing uses a simpler process and a less complex instrument than PCR testing.

Why do we use both?

Circular 1 Health mainly use a combination of the LAMP and PCR methods called LAMPWorx™ on all positive samples to combat false positives. The specificity of these two tests together is 99.995% which means that false positives are extremely rare. As LAMP is a newly introduced testing technology, we also quality check up to 25% of the tests we receive by PCR. This combination of testing has been found to have the highest level of accuracy.

Does it detect all variants of COVID-19?

The LAMP/PCR method used by Circular 1 Health has been able to detect all known variants of the virus so far. We work alongside our test kit suppliers to regularly monitor mutations and adjust our primer sequences accordingly. Although we are able to detect the variants of Covid-19, we cannot tell you which variant you have if you test positive!

What is PCR testing?

What is PCR testing?

A laboratory process that amplifies and detects the genetic material of the virus taken from a swab. It is pretty much the 'gold standard' for Covid-19 testing as it is highly sensitive and can pick up very small amounts of virus.

Should I choose PCR or LAMP?

Many countries are now asking for proof of a PCR test before entry. If you are planning to travel, you should check the testing requirements in the country that you will be going to as they will vary.

Circular 1 Health offers PCR flight certificates for those planning to travel abroad.

What is the health impact of testing?



Is there any long term damage to health from repeatedly taking the test?

There is no long-term damage to health from repeatedly taking the test. All Circular 1 Health staff have been tested daily for 6 months and there have been no long-term effects to health.

Are there any special actions I need to take before taking the test? (e.g not eating for a period of time)

No, the test is conducted using a simple nasal swab. You do not need to do anything in advance to prepare.

Are there any side effects?

Nasal swabbing can be mildly irritating to the membranes in your nose, and this might cause you to sneeze or have watery eyes however, there are no known serious side effects.

Will there be any adverse effects for those on medication or that suffer from allergies?

There are no known adverse side effects for anyone on medication or with allergies.

How will I receive my results?

When will I receive my results?

You will receive your results within 24 hours.

What if I don't hear back within 24 hours?

You can call our customer service team on 08007 999 751

Or email customerservice@circular1.com

How will I receive my results?

You will need to provide a phone number or email address so that we can send you your results.

What will the message say?

The message will be similar to one of the following:

'NEGATIVE for SARS-CoV-2/COVID-19. The virus could not be found on this swab.'

'INCONCLUSIVE result for SARS-CoV-2/COVID-19; this could be due to a number of factors including insufficient swabbing. Please undertake another test as soon as possible.'

'POSITIVE for SARS-CoV-2/COVID-19. Please self-isolate immediately, you will be contacted by PHE

If I test positive, will the results indicate which variant I have?

No, positive results will only indicate that COVID-19 was present on the nasal swab, we currently do not distinguish between the known variants.

What do my results mean?

What does it mean if my result is inconclusive?

Your test can be deemed inconclusive for any of the following reasons:

- Insufficient or incorrect information given (e.g wrong date or missing date swabbed).
- Insufficient sample- meaning that swabbing was done incorrectly.
- Swab is out of date- we can only process tests within 72 hours of them being taken, the virus cannot survive longer than this on the swab. We might advise that you retest in this case because you could have picked up the virus within this time period.

If I test positive, do I definitely have COVID-19?

Yes, if you receive a positive result you should self isolate immediately, you will be contacted by Public Health England to advise on the next steps.



What will happen to my data?

What sort of data do you ask for?

We require your name and phone number to be able to get your result back to you. We may also ask for details such as date of birth and ethnicity which are required for reporting to Public Health England.

Are you safeguarding my data?

Yes, all data is securely stored by Circular 1 Health.

Who are you sharing my data with?

We will only share your data with Public Health England if you test positive

Will Circular 1 Health store my results data?

Yes, this data is stored by Circular 1 Health.



www.circular1.com