



Did you know? - Taking a Covid-19 Lateral Flow Test can be challenging for individuals with a visual impairment.

Here are some hints and tips to help with the process:

- Open up a spare testing kit, explore and feel the items to familiarise yourself with the contents and keep for future reference
- Organise the items in order of each stage of the test, e.g. left to right or as a clock face in front of you and place on a contrasting surface.
- Other formats of the instructions are available via www.nib.org.uk/coronavirus-updates/test-kit-instructions
- To access audio instructions follow this link [YouTube 'Lateral Flow Test Part Two'](#) or search “lateral flow test part two” on you tube.

- Ask a family member or friend to enlarge or to record the instructions for you to follow.
- Take a photo of the result to either magnify or send to a friend or family member to read for you.
- Make use of the Be My Eyes app on mobile devices, there is a Covid feature to help read the test result.
- To access information about the NHS Covid-19 app in large print, braille or another format, email: nhscovid-19accessibilityissue@nhsba.nhs.uk

You can contact your local sensory team for practical advice, information and support around your sight loss and you may be eligible for a Sensory Impairment Assessment. In York, this is the Yorsensory Team, 01904 202292 or enquiry@yorsensory.org.uk

If you are concerned about your eyesight please contact your optician or GP