



This is your daily email to keep you updated on the government's response to coronavirus (COVID-19).

Undertaking regular, rapid coronavirus (COVID-19) testing

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most.

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.