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## Coronavirus (COVID-19): what you need to do

### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

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Public Health  
England

Guidance

## COVID-19: how to arrange laboratory testing

Updated 3 April 2020

### Purpose and scope

The following information is intended for hospital-based healthcare professionals.

Requests for laboratory testing of individuals must meet the [criteria for a possible case](#) of COVID-19.

Designated Public Health England (PHE) regional laboratories, in addition to the Reference Laboratory at PHE Colindale, are able to test samples for SARS-CoV-2. See the [list of laboratories with this capability](#) currently.

It is not necessary to telephone the laboratory or health protection team (HPT) to request testing. Samples should be sent for testing to the listed PHE regional laboratory designated for the referring laboratory region.

For testing requests to PHE Colindale only, please [complete the proforma](#) with the necessary information and email the completed form to [phe.virology@nhs.net](mailto:phe.virology@nhs.net).

**Designated laboratories per region for testing (telephone numbers provided for health professional queries only)**

Members of the public should access their laboratory results via their local healthcare provider. PHE does not issue results directly to patients, only to health professionals.

NHS Region	Designated laboratory	Address for sample dispatch	Contact telephone numbers	
			Normal hours	Out of hours
East of England	Cambridge PHL	Public Health England, Public Health Laboratory, Box 236, Cambridge University Hospitals NHS Foundation Trust, Cambridge Biomedical Campus Hills Road, Cambridge, CB2 0QQ	01223 257037	01223 245151 (Ask for on call Virologist)
London	Respiratory virus unit, Colindale	Respiratory virus unit (RVU), Public Health England, 61 Colindale Avenue, London, NW9 5EQ	0208 327 7887	020 8200 4400 (Ask for Duty Doctor)
Midlands	Birmingham PHL	Public Health Laboratory Birmingham, Birmingham Heartlands Hospital, Bordesley Green East, Birmingham, B9 5SS	0121 424 3111	0121 4242000 (ask for duty virologist)
North East	Newcastle lab	Molecular Diagnostics Laboratory, Microbiology and Virology Department, Freeman Hospital, Newcastle upon Tyne, NE7 7DN	0191 233 6161 (Newcastle upon Tyne Hospitals NHS Foundation Trust, switchboard) Ask for Consultant Virologist	0191 233 6161 (Newcastle upon Tyne Hospitals NHS Foundation Trust, switchboard) Ask for on-call Consultant Virologist
North West	Manchester PHL	Virology Reception, Third Floor, Clinical Science Building 1, Oxford Road, Manchester, M13 9WL	0161 276 8853	0161 276 1234 (Ask for on-call Microbiologist)
South East	Southampton lab	Microbiology, Level B, South Laboratory Block, Southampton General Hospital, Tremona Road, Southampton SO16 6YD	023 8120 6408	023 8077 7222 (ask for out of hours Microbiology biomedical scientist)
South West	Bristol PHL	PHE Microbiology, Public Health England, Pathology Sciences Building, Westbury, Bristol, BS10 5NB	0117 414 6222	0117 950 5050 (Ask for on-call Virologist or Microbiologist)
Yorkshire and Humber	Leeds lab	Virology Department, Old Medical School, Leeds General Infirmary, Thoresby Place, Leeds LS1 3EX	0113 392 8750 (option 2) (Leeds Teaching Hospitals Trust, switchboard) Ask for on-call Consultant Virologist	0113 243 2799 or 0113 243 3144 (Leeds Teaching Hospitals Trust, switchboard) Ask for on-call Consultant Virologist

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