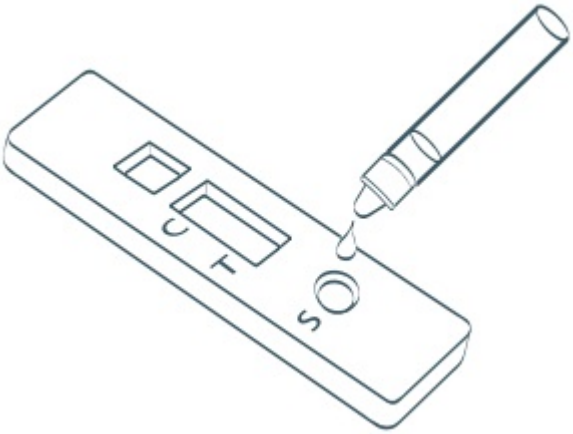
Guide to self-testing for Coronavirus using a

Lateral Flow Device

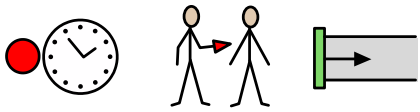
We are taking this test to keep safe and to keep

people around you safe too.

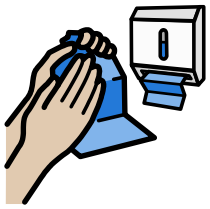
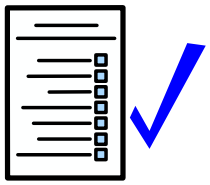


You can watch a video about the test

https://learninghub.nhs.uk/self-swab



Before you start

| | | |
|---|---|---|
| 1 | | Wash your hands with soap for 20 seconds. |
| 2 |  | Dry your hands |
| 3 | | Clean and dry a flat surface, where you will take the test. |
| 4 |  | Check that you have everything you need for one test |

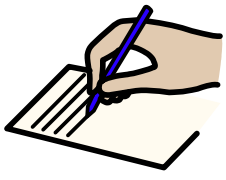
☐ Nozzle cap

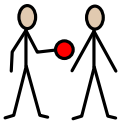
☐ Extraction buffer bottle

☐ Swab, inside sealed wrapper

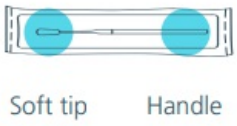
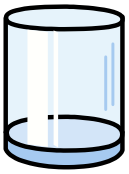
☐ Extraction tube

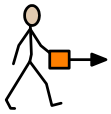
☐ Rapid test strip

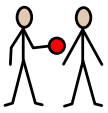
| | | |
|---|---|---|
| 5 |  | write down the lot number. |



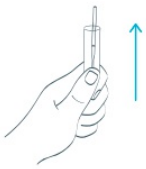
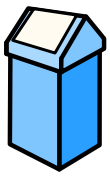
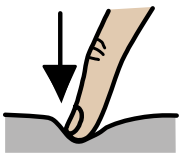
Prepare your test

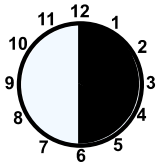
| | | |
|---|---|---|
| 1 | | Gently blow your nose. |
| 2 | | Wash and dry your hands again (or use sanitiser if available) |
| 3 |   | check the swab is sealed, find the soft, fabric tip of the swab. |
| 4 |  | Place the extraction tube in a small cup to keep it upright |
| 5 | | Unscrew the extraction buffer pot |
| 6 | | Try to avoid touching the tube with the bottle. |
| 7 | | Place **6** drops only of the extraction buffer into the extraction tube. |
| 8 | | Reseal the extraction buffer for further use. |

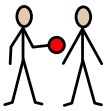

Take


your

nose swab

| | | |
|---|---|---|
| 9 | | Open the package, take out the swab. DON'T touch the fabric swab. |
| 10 | | Put the swab into one nostril and roll around your nostril **10** times slowly |
| 11 | | Now do the same in the other nostril. |
| 12 | | Put the fabric end of the swab into the extraction tube. Press the swab on the edge and twist around the tube for 10 seconds. |
| 13 |  | Take out the swab while squeezing the tube and fabric swab. |
| 14 |  | Put the swab back into the packet and put it in the bin. |
| 15 |  | Press the cap tightly onto the tube to avoid any leaks. |

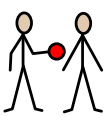
| | | |
|---|---|---|
| 16 | | Turn the tube upside down and lightly squeeze 2 drops into the specimen well |
| 17 |  | Set a timer for 30 minutes. Leave the test strip on a flat surface. |
| 18 | | Do not read the results until 30 minutes have passed. |

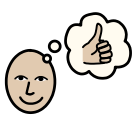

Your

results

| | |
|---|---|
| | Positive result<br>Two lines - even faint lines is positive |
| | Negative result<br>This shows a negative result |
| | Invalid test<br>The test has failed and needs to be retaken |

Report


your


positive

test

result