

How to do a rapid COVID-19 self-test

Your step by step guide



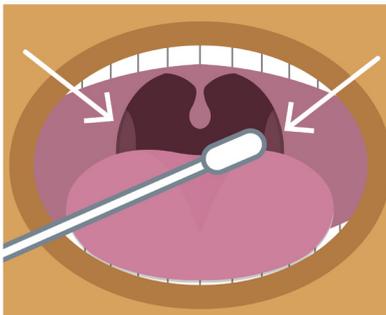
- 1) Before you begin, check you have a sealed swab, a registration card and a barcode



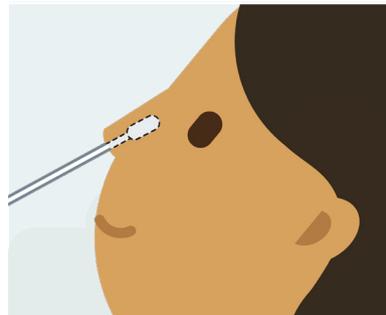
- 2) Use the mirror to look at your tonsils (or where they used to be), then gently blow your nose
Dispose the tissue in the bin provided



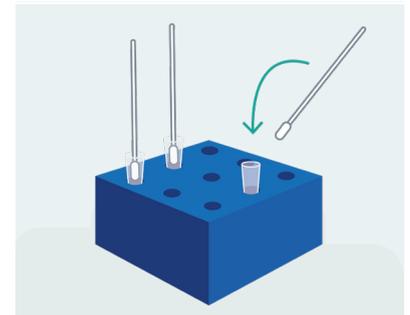
- 3) Sanitise your hands then open your swab packet, being careful not to touch the fabric tip
Ask a helper for scissors if needed



- 4) Rub the swab tip firmly against your tonsils (or where they used to be) 4 times on each side and remove without touching your cheeks, lips or gums



- 5) Put swab tip into 1 nostril until you feel slight resistance and roll the swab firmly around the inside of the nostril, making 10 complete circles.



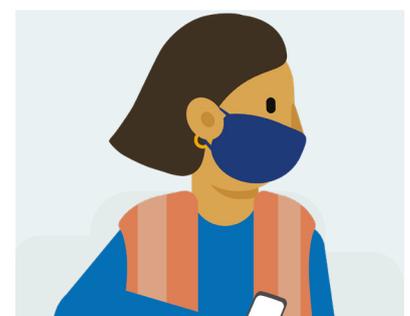
- 6) Place the swab (fabric tip first) directly into the tube on the test tube rack in front of you



- 7) Attach your barcode to the registration card and register using your device or the device provided
Scan or type in barcode and skip NHS number if you do not know it



- 8) Dispose of all rubbish and clean entire booth, including mirror, table, device, bin, seat and scissors (if used)



- 9) Put on your face covering, sanitise your hands and leave test area, taking your registration card with you