

While this is a self-swab test, there will be a testing helper who will oversee things and provide help if you need

## HOW TO DO YOUR TEST

1



Your COVID-19 test will be scheduled. If you are under 16, your parent / carer will have consented

2

Your test will be fast and while it might feel a little uncomfortable, it won't hurt you



3

Blow your nose if needed, wash and dry/sanitise your hands. Remove the swab being careful not to touch the soft part



4



10 SECS

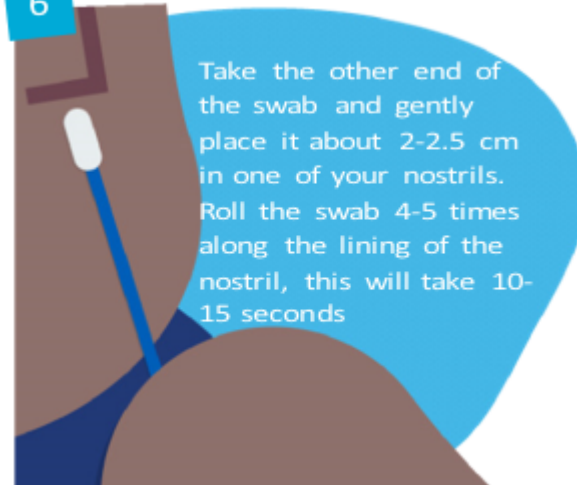
Open your mouth wide and use a mirror to look at the back of your throat, then use the swab to rub firmly 4 times on each side

5



Remove the swab carefully without touching your teeth, tongue or gums

6



Take the other end of the swab and gently place it about 2-2.5 cm in one of your nostrils. Roll the swab 4-5 times along the lining of the nostril, this will take 10-15 seconds

7

After this you're done, gently remove the swab being careful not to let anything touch the tip

8

Your swab can then be placed in a tube for testing, this takes about 30 minutes

