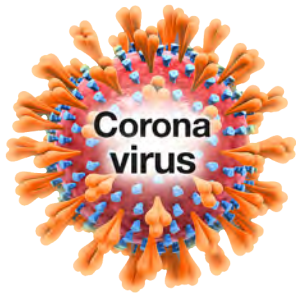




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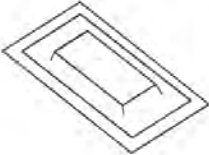
How to test yourself at home for Covid-19

- ✓ You can get a free kit to test if you may have the Coronavirus
- ✓ This leaflet shows you how to use it
- ✓ Read all the instructions first to make sure you can understand them and have the things you will need
- ✓ Then follow them step-by-step
You may want to get someone to help you

■ The test is sometimes called a
'Lateral Flow Test' or a
'Rapid Antigen Test'



What is in the kit



Test strip in sealed packaging



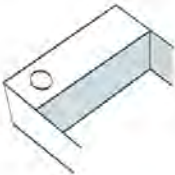
Swab inside sealed wrapper



Extraction buffer sachet



Extraction tube



Extraction tube holder (attached to the box)



Plastic waste bag

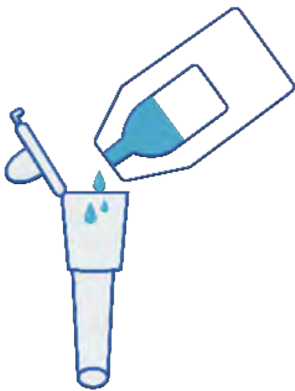
1 Step by step

Get ready to do your test

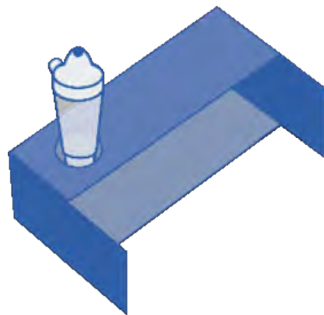


Wash or sanitise your hands

Have a clean, dry surface such as a table to put everything on



Open the extraction buffer liquid
Pour liquid into the extraction tube



Close the lid on extraction tube
Put it in the tube holder – the hole in the box



Blow your nose
Wash your hands again

Take the swab out
Do not touch the soft part

Soft part – do not touch



This is the swab



This is the extraction tube



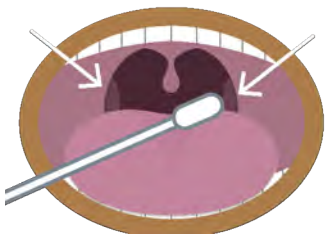
This is the extraction buffer liquid

2 Step by step Take your swab sample



You need to swab your mouth and your nose – Do your mouth first

Open your mouth wide
It may help to use a mirror
or get someone to do it for you



Rub the swab 4 times on each tonsil
or where your tonsils were if you
have had them taken out



Take the swab out of your mouth
but do not let it touch your teeth,
tongue or gums



Use the same swab to take
a sample from your nose

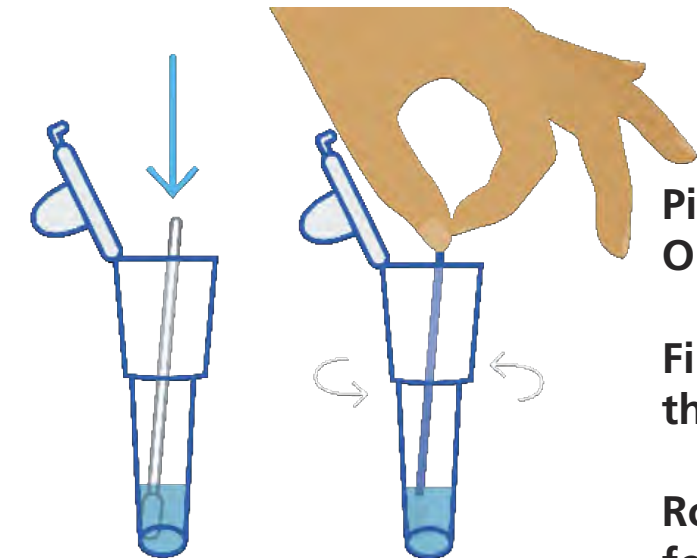
Slowly push the swab up a nostril
Do not touch any part of your face



Roll the swab around inside your
nose 10 times

3 Step by step Process your test

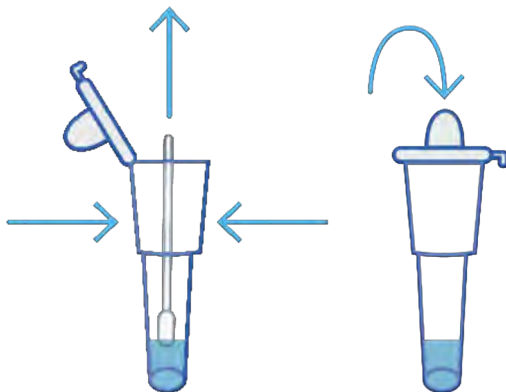
This is the tester



Pick up the extraction tube
Open the lid

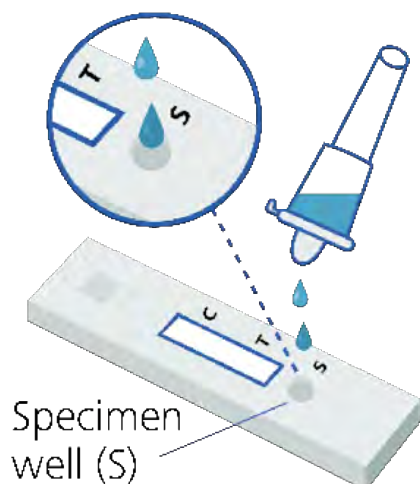
Firmly push the soft tip of swab into
the tube so it is in the liquid

Roll the swab around in the tube
for 15 seconds



Take out the swab, pinch the tube
as you do to get all the liquid from
the swab

Close the lid

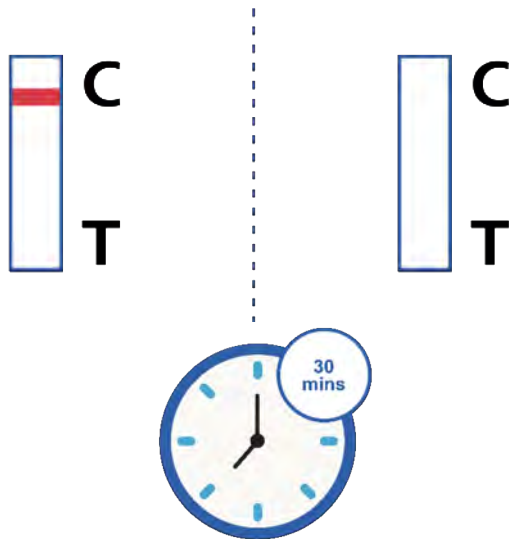


Squeeze 2 drops of liquid from the
extraction tube onto Specimen Well
(marked S on the tester)

Set a timer or check the clock
Wait 30 minutes

4 Step by step

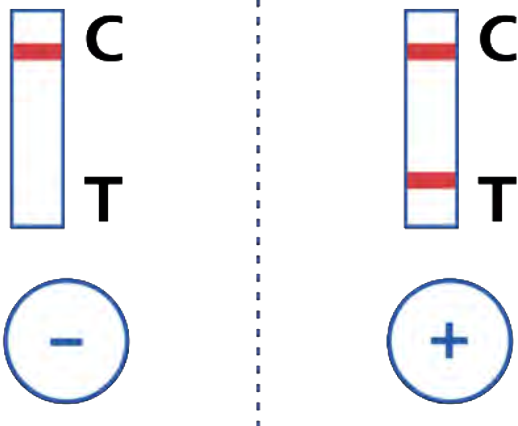
Reading your test result



After 10 minutes you should be able to see a line at the C Mark

This tells you the test is working

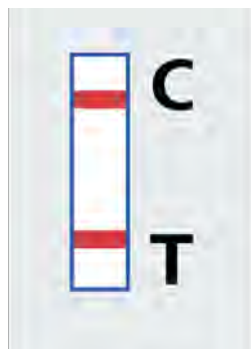
If after 30 minutes no line is there your test has not worked – Try again



After 30 minutes...

If you just have 1 line your test is **Negative -**

This means you probably do not have Coronavirus – You can come to the MPF office



If you have 2 lines your test is **Positive +**

This means you probably do have Coronavirus – You must self isolate right away

When you have done your test you can put it all in the waste bag and put it in your bin