

Simple, Fast, Self-Swab

Your step by step guide

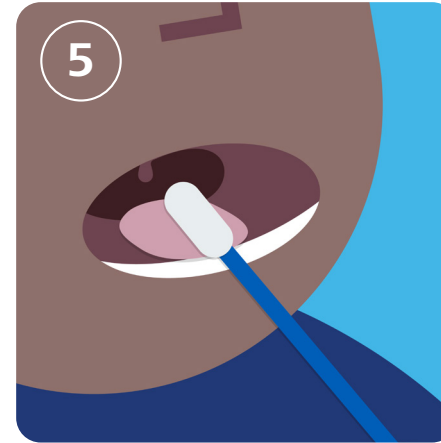




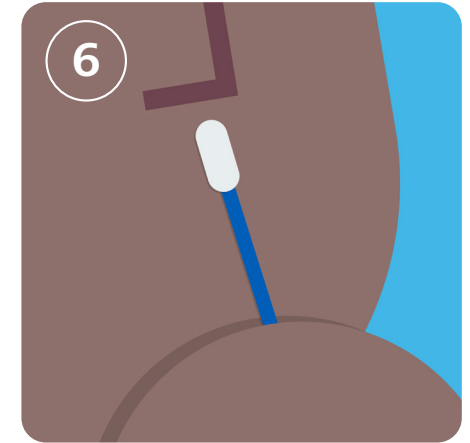
When you arrive you'll be asked to sanitise your hands or put on gloves. You will do your test yourself with support from a testing helper.



You'll be shown to a space where you can do your test and be asked to blow your nose, so your airways are clear.



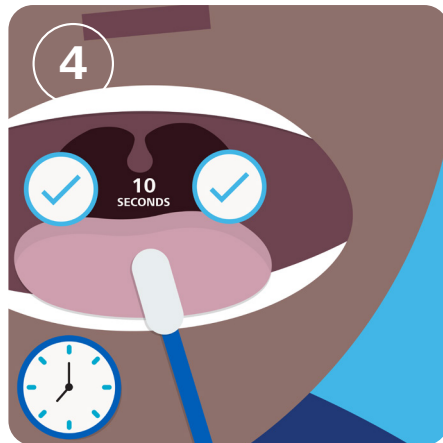
After 10 seconds you'll remove the swab carefully, making sure it doesn't touch any other parts your mouth, then you'll put it gently up one of your nostrils.



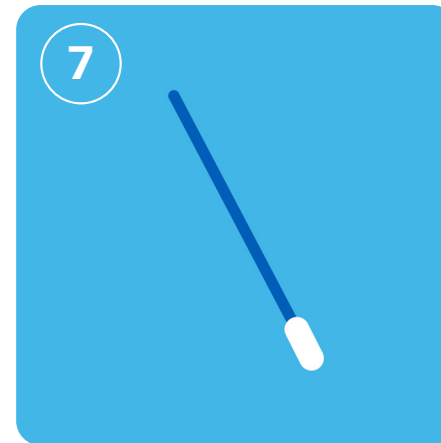
When you feel some resistance (up to 2.5 cm or 1 inch) you will turn the swab 5 times (about 10-15 seconds) before removing carefully.



You'll need to open your mouth wide and look at the back of your throat using the mirror. Then being careful not to touch the tip, you'll take the swab from its packet.



Without the swab tip touching your teeth, tongue or cheeks, you'll rub the tip against where your tonsils are (or used to be) for 10 seconds.



After removing you will hand your swab to a testing helper who will make sure the correct details are on your test.



The testing helper will also let you know when and how you will receive your test result.