

How to Do a Rapid COVID-19 Self-Test



Test and Trace



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NHS
WALES

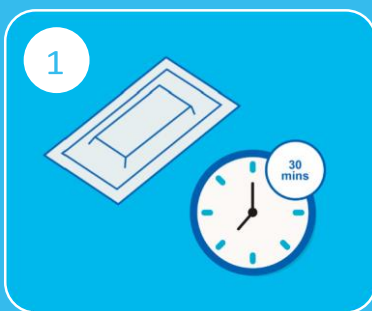
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Instructions before starting

- Wait at least 30 minutes after you last ate or drank anything before starting the test
- Don't start if you've had a nosebleed in the past 24 hours
- If you have a piercing, swab the nostril on the other side. If both sides are pierced, remove jewellery
- If you can't take a throat swab (for example if you've had a tracheostomy) swab both nostrils instead
- Before you start wash your hands for 20 secs in soap and warm water or use sanitiser
- Use a clean, flat surface and, if doing more than one test, make sure to sanitise your hands each time

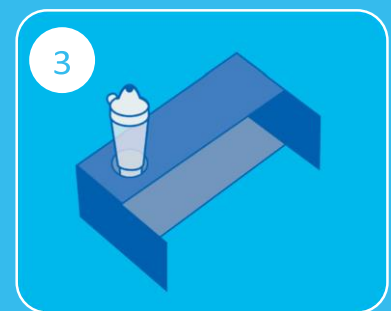
Preparing your test



Read the instructions that came with your kit carefully. Take the test strip out of its pack and place it onto the cleaned flat surface. Once opened, start the test within 30 minutes.

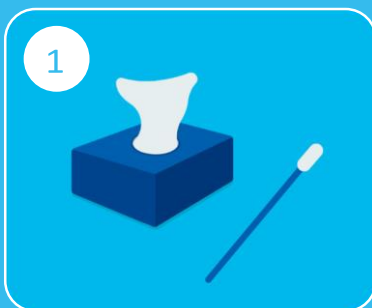


Twist or snap open the extraction buffer sachet, being careful not to spill any of the fluid. Open the tube and pour in all the fluid from the sachet.



Close the extraction tube cap and place the filled tube in the tube holder.

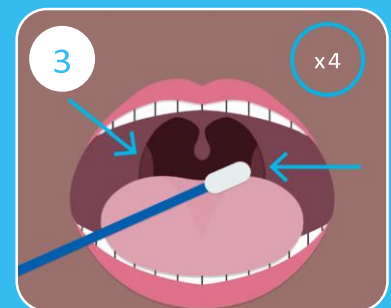
Doing your test



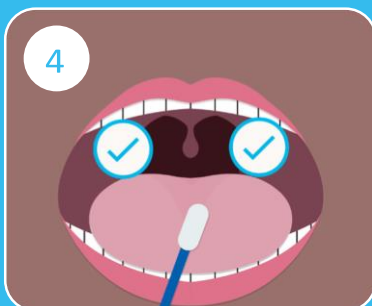
Blow your nose, wash and dry/sanitise your hands again. Remove the swab being careful not to touch the soft part.



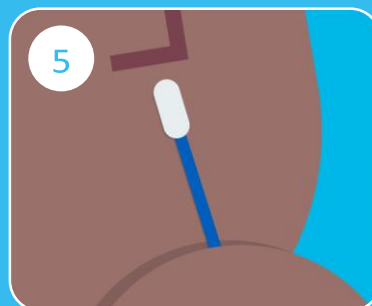
Open your mouth wide and use a mirror to locate your tonsils (or where they used to be).



Do this firmly 4 times on each side. Use a mirror to help you do this correctly.



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



Insert the same swab inside your nostril until you feel resistance, making sure you don't touch any other part of your face.

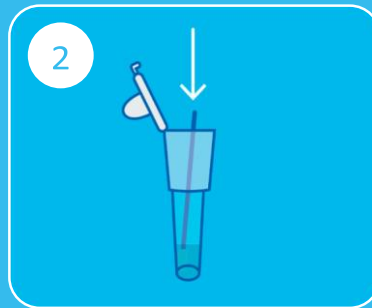


Roll the swab firmly around the inside of the nostril, making 10 complete circles.

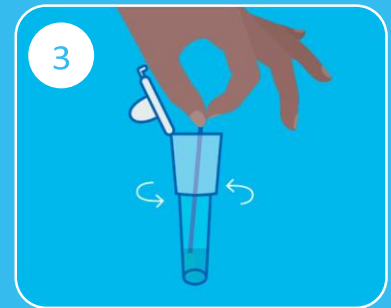
Processing your test



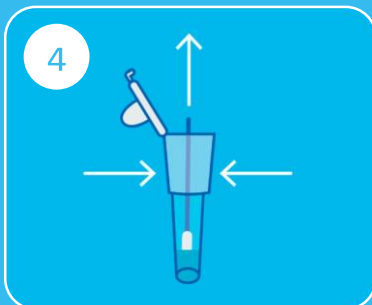
1 Pick up the tube, open the lid and place the fabric tip of the swab into the tube so it is in the fluid.



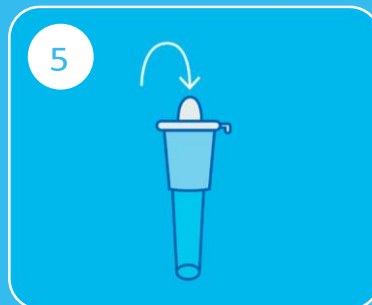
2 Press the tip against the edge of the tube with force.



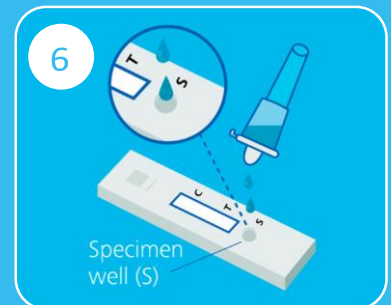
3 Roll the swab around the tube for 15 seconds. It is important to mix thoroughly.



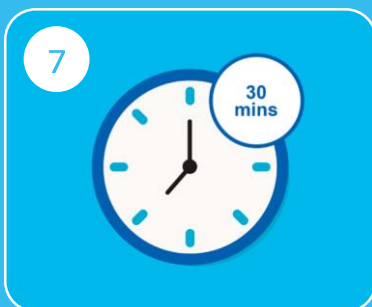
4 Pinch the tube as you remove the swab to make sure that all the fluid is removed then dispose of the swab in the waste bag provided



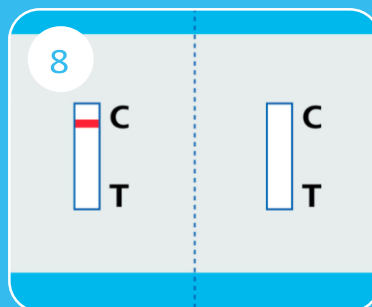
5 Press the nozzle cap tightly on to the tube to avoid any leaks.



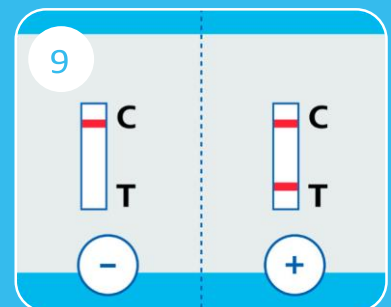
6 Gently squeeze the extraction tube to place 2 drops of the fluid onto the specimen well marked 's' on the test strip.



7 Make sure that you are dropping fluid and not an air bubble. Set a timer for 30 minutes.



8 Within 10 mins, you should see a line at 'C'. If C line is not visible within 30 mins, the test is invalid.



9 If after 30 minutes you still have only one line, your result is negative. If you have two lines, then your result is positive.

Now report your result

To report your result you need the barcode on the test strip (or the ID number under it).

You can report your result either online at www.gov.uk/report-covid19-result or call 119.