Covid self-testing

Before you start: Wash your hands thoroughly and prepare a clean, dry surface.

Gently blow your nose to remove excess mucus.

Wash and dry your hands again.

Place extraction tube in cup. Add 6 drops of buffer to tube.

Open swab pack without touching the cloth end.

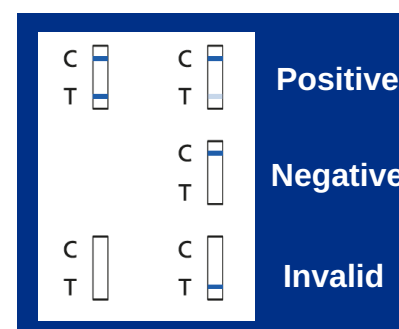Put swab in each nostril and turn slowly 10 times.

Put swab in extraction tube, pressing the swab head against the edge of the tube with force. Turn the swab around for 10 seconds. Take out the swab while squeezing the tube. Place it back in its wrapper and throw in the bin.

Push nozzle cap on tube. Squeeze two drops on to the specimen well on test strip.

Keep the test strip flat and set a reminder for 30 minutes to check result.

C —	C —	**Positive**
T —	T	
	C —	**Negative**
	T	
C	C	**Invalid**
T	T	

Record your result at mytest.uhd.nhs.uk