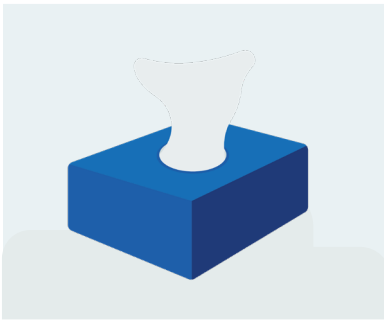


# How to do a rapid COVID-19 self-test

## Your step by step guide



- 1) 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.



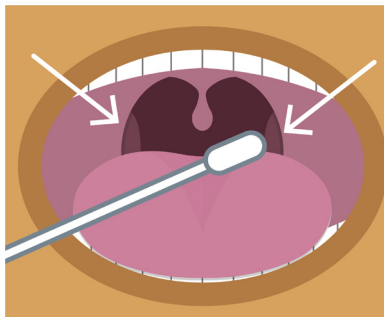
- 2) When you arrive you'll be asked to sanitise your hands or put on gloves.



- 3) You will do your test yourself with support from a testing helper.



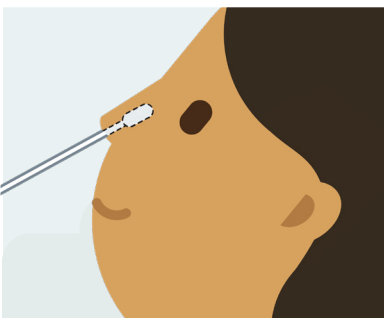
- 4) You'll need to open your mouth wide and look at the back of your throat using the mirror. Then being careful not to touch the tip, you'll take the swab from its packet.



- 5) Rub the swab tip firmly against your tonsils (or where they used to be) 4 times on each side.



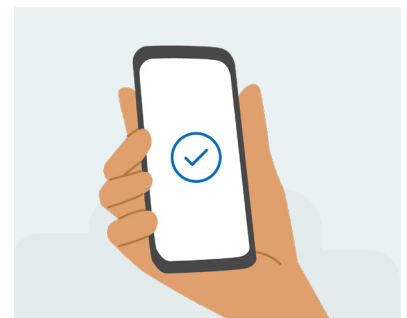
- 6) After 10 seconds you'll remove the swab carefully, making sure it doesn't touch any other parts your mouth, then you'll put it gently up one of your nostrils.



- 7) When you feel some resistance (up to 2.5 cm or 1 inch) you will roll the swab firmly around the inside of the nostril, making 10 complete circles.



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



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