

Prepare your test

1



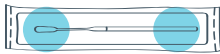
Gently blow your nose into a tissue to get rid of excess mucus.

2



Wash and dry your hands again (or use sanitiser if this is available).

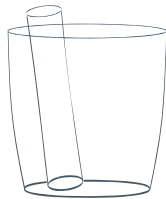
3



Soft tip Handle

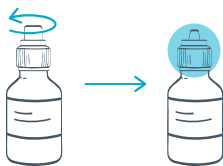
Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

4



Place the extraction tube in a small cup to keep it upright.

5



Unscrew the extraction buffer pot.

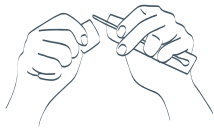
6



Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle. Reseal the extraction buffer for future use.

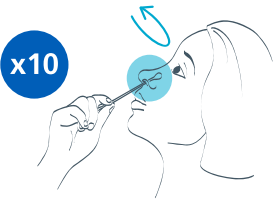
Take your swab sample

7



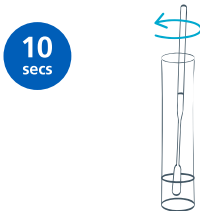
Open the package and gently take out the swab. Do not touch the fabric end of the swab.

8



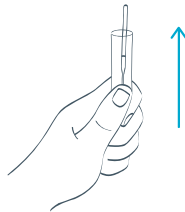
Put the swab gently into one nostril, you may feel a slight resistance (insert about 1.5cm or about half an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril.

9



Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube with force, while rotating the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

10



Take out the swab while squeezing the tube and fabric end of the swab. Place the swab back into the wrapper and dispose of it at home in your household rubbish bin.

11



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

12



Turn the tube upside down and lightly squeeze two drops onto the specimen well.

13



Place the Rapid Test Strip on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results. Do not read your results until the 30 minute mark.