

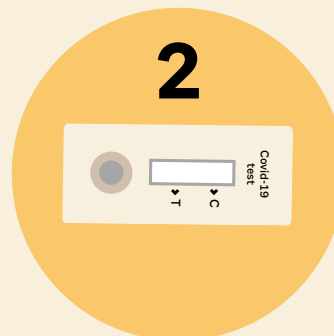
# How to test yourself and your child

## 1. Wash your hands thoroughly.

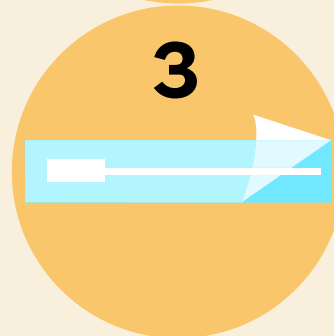


## 2. Open the test kit.

Place the test strip on a hard, flat surface.

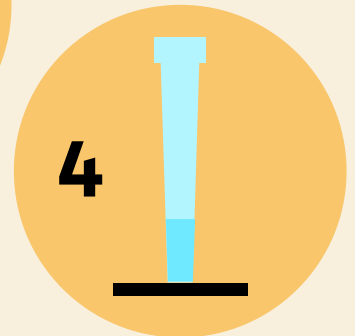


## 3. Open the pre-packed test swab.



## 4. Open the tube containing the liquid.

Place it on a hard, flat surface. Be careful not to spill any of the liquid.



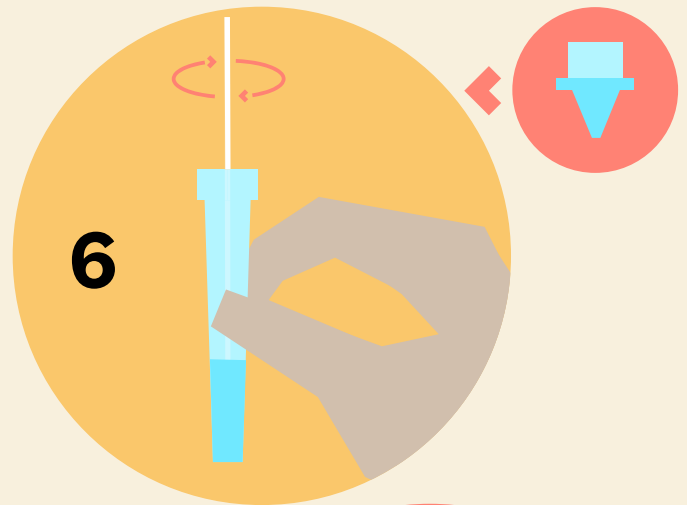
## 5. Take the test.

Adults can take the self-test from both the throat and the nose. First, take the test from your throat. Open your mouth and wipe the swab across the very back of your throat, where your tonsils are. Wipe each side 4 times. Then carefully insert the tip of the test swab into your nostril. Stop when the whole tip is inside the nostril and you feel some resistance. Rotate the swab 5 times against the inside of the nostril. Repeat in the other nostril. Children self-test only in the nose.



**6. Place the swab in the tube containing the liquid.**

Stir the swab 6 times around in the liquid while squeezing the tube. Leave the test swab in the tube for 1 minute. Remove the swab while squeezing the tube. Put the cap on the tube.



**7. Squeeze 4 drops from the tube into the well in the test strip.**

Wait 15 minutes and then check the result (set a timer or keep an eye on the clock).

