



How to test yourself for Covid-19

- ✓ You can get a free kit to test if you may have the Coronavirus
The test is sometimes called a 'Lateral Flow Test' or a
'Rapid Antigen Test'. The kits have 7 tests in them.
- ✓ Read all the instructions in this booklet first to make sure you
can understand them and have all the things you will need
- ✓ Follow the instructions step-by-step
You may want someone to help you



**New rules for self-isolating
from 16 August** See page 8



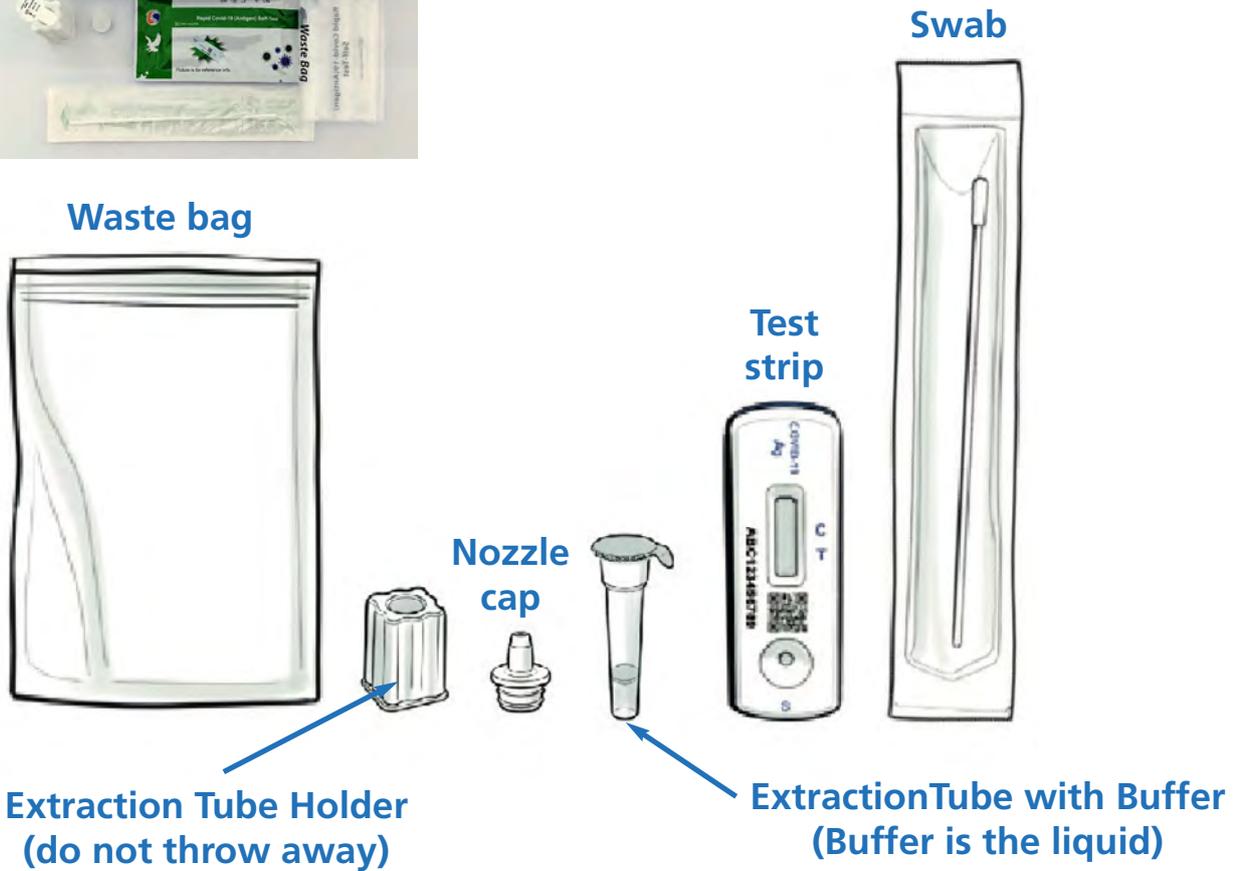
**How to get your free
test kit** See page 10



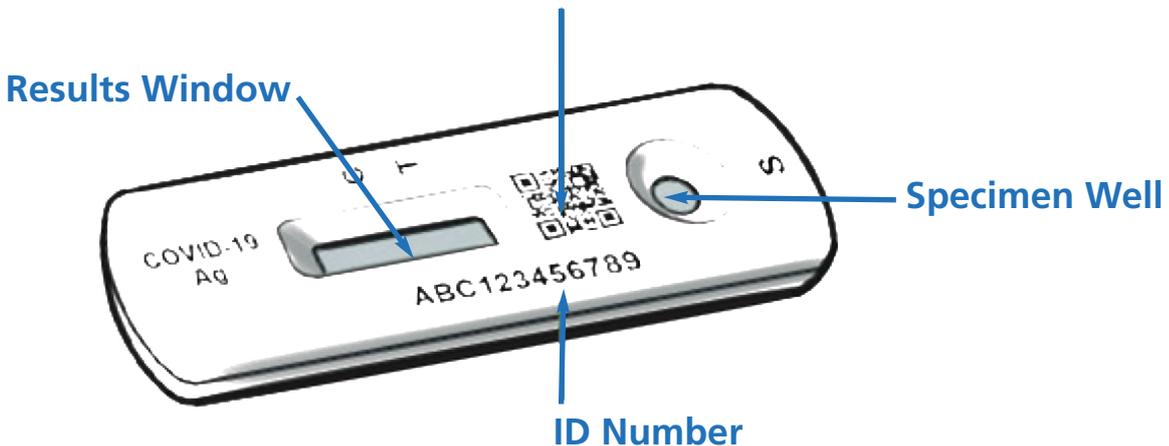
What is in the kit



There are 7 tests in a box. The kit and the way you use it is a bit different to the old kits which came in a blue box. The new tests just use nasal swabs.



Parts of the Test Strip



1 Step by step

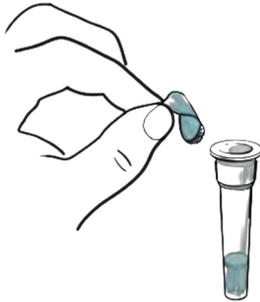
Get ready to do your test



Blow your nose

Wash or sanitise your hands

Have a clean, dry surface such as a table to put everything on



Pull off the lid of the Extraction Tube

Be careful not to spill any of the buffer liquid inside



Put the Extraction Tube into the Holder

Soft part –



This is the swab

Take the Swab out of its bag

Do not take it out until you are ready to use it

Do not touch the soft part

2 Step by step

Take your swab sample



You only need to swab your nose
You do not need to swab your mouth any more.

Take out any nose piercings or jewellery



Slowly push the soft part of the Swab about 2¹/₂ cm up one nostril

Do not touch any part of your face



Do not press too hard, but make sure the swab is touching the inside of your nostril



Roll the Swab around inside your nose 5 times

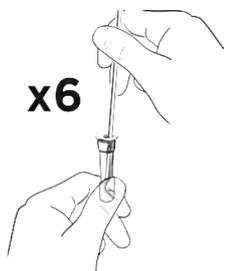
Using the same Swab do the same with your other nostril



**If you have a nosebleed STOP!
The swab cannot be tested**

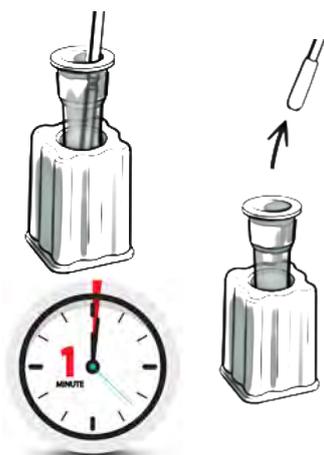
**If your nose keeps bleeding
see your GP**

3 Step by step Process your test



Firmly push the soft tip of Swab into the Extraction Tube so it is in the Buffer liquid

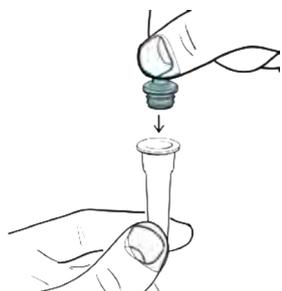
Roll it around at least 6 times



Put the Extraction Tube in the Holder

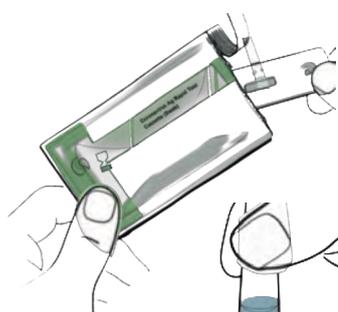
Leave for 1 minute

After 1 minute take the Swab out and put it in the plastic waste bag



Put the Nozzle Cap on the Extraction Tube

Put the Extraction Tube back in the Holder



Take the Test Strip out of the wrapper

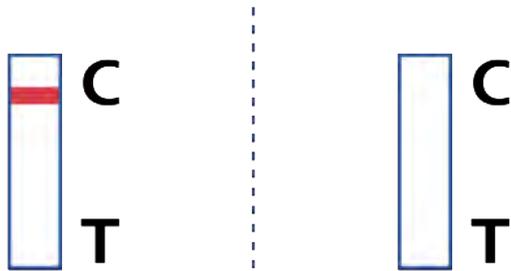
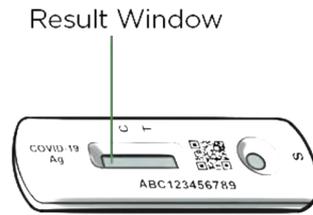
Squeeze 4 drops of liquid from the extraction tube onto Specimen Well (marked S on the tester)



Set a timer or check the clock
Wait 15 minutes for the result

Do not move it while you are waiting

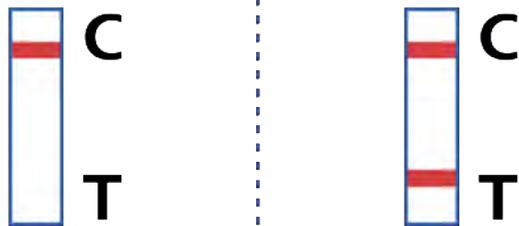
4 Step by step Reading your test result



After 10 minutes you should be able to see a line at the C Mark

This tells you the test is working

If after 15 minutes no line is there your test has not worked – Try again



After 15 minutes...

If you just have the C line your test is **Negative -**

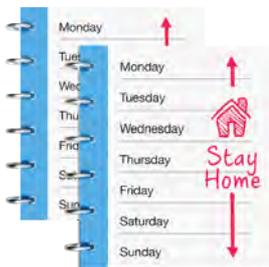
This means you probably do not have Coronavirus

If you have the C and T lines your test is **Positive +**



This means you probably do have Coronavirus – You must self isolate right away.

See page 8 for new rules about this



When you have done your test keep the holder, but put it all in the waste bag and put it in your bin.

Now you must report your results to the NHS

5 Step by step

Report your test result



Whatever result you get, if it is positive, negative, or if your test did not show any result, you should tell the NHS

This will help them know how Coronavirus is spreading and help them to save lives.

To report it, you will need the number on the Test Strip



You can do this by:

Online

www.gov.uk/report-covid19-result



Telephone

119

This is free. Lines are open from 7am to 11pm
If your test was positive they will tell you what to do next



QR Code

If you have a smart phone and the NHS Covid App, you can scan the QR code on the Test Strip



If you test positive you and any people who live in your house must stay at home and not mix with other people.

There are new rules from 16 August 2021

Changes to the rules about self-isolating



From 16 August 2021...



if you are over 18 years old and are fully vaccinated (this means you have had both doses of the vaccine at least 14 days ago)...



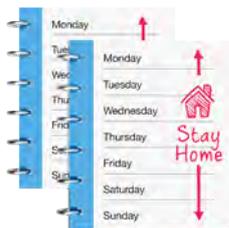
You DO NOT have to self-isolate if you are told you have been in close contact with someone who has tested positive for Covid.



You should get a PCR Test to see if you have Covid as soon as you can.



PCR Tests are different to the Lateral Flow Tests you may do yourself at home. The swab has to be checked in a lab.



If the test is positive (which means you have Covid) the Law says you **MUST** self-isolate.

The rules have not changed if...

The rules have **NOT** changed for people over 18 years old who:

- Have not been vaccinated
- Have only had 1 of the 2 vaccinations
- Have had both vaccinations less than 14 days ago (so the vaccine will not have had time to build up protection).



If this is you, the Law says you **MUST** self-isolate if you have been in contact with someone who has tested positive for Covid.



You should get a PCR Test to see if you have Covid as soon as you can.



Even if the result is negative, you must still self-isolate.

How to get a Lateral Flow Test Kit

Online

To get a free Test kit sent to you go to:
www.nhs.uk/coronavirus



Click on Get Tested for Covid-19 button.
Tick the box that says your local authority has asked you to take a test.

Or to find out where you can collect a free test kit from somewhere close to you go to:
<https://maps.test-and-trace.nhs.uk/>



Phone

Phone 119 – tell the NHS staff that your local authority has asked you to take a test.