



HOW TO DO YOUR TEST


WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

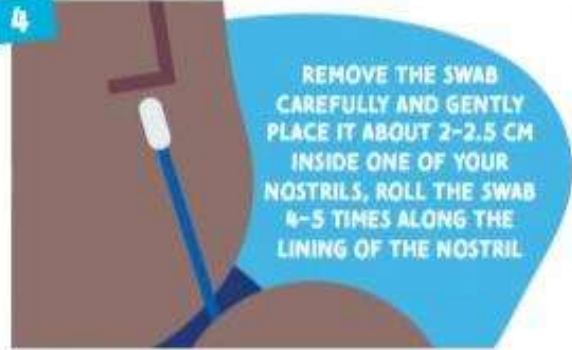
- 1** IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED. YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE IT WON'T HURT YOU



- 2** IF NEEDED BLOW YOUR NOSE. THEN WASH AND DRY YOUR HANDS (OR SANITISE YOUR HANDS). REMOVE THE SWAB, BEING CAREFUL NOT TO TOUCH THE SOFT PART


- 3** OPEN YOUR MOUTH WIDE AND USE THE SWAB TO RUB THE BACK OF YOUR THROAT FIRMLY 4 TIMES ON EACH SIDE

10 SECS


- 4** REMOVE THE SWAB CAREFULLY AND GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS, ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL


- 5** GENTLY REMOVE THE SWAB, SO IT CAN BE PLACED IN A TUBE FOR TESTING


- 6** THAT'S IT, YOU'RE ALL DONE AND YOUR TEST IS COMPLETE. YOUR SCHOOL WILL LET YOU AND YOUR PARENT OR CARER KNOW WHAT HAPPENS NEXT

