

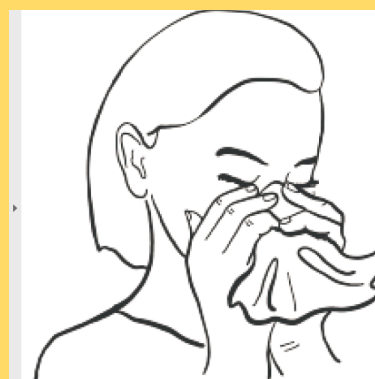
1 →



Remove your facemask.
Then use hand sanitiser to clean
your hands. This is so that you do
not contaminate the test kit.

**If you have piercing/s, please
remove them before blowing
nose**

2 →



Gently blow your nose into
a tissue.

Throw the used tissue into
the waste bin provided.

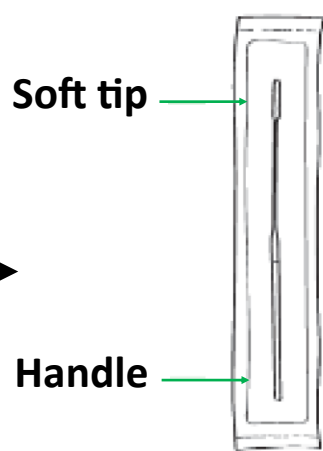
This is so that you get rid of
excess mucus.

3 →



Use hand sanitiser to clean your hands.
This is so that you do not contaminate
the test kit.

4 →



Check if there is a
swab in a sealed pack
in front of you.

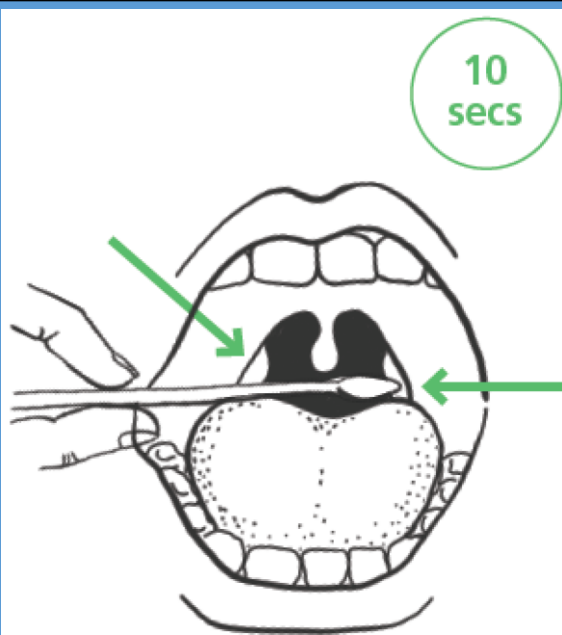
Identify the soft fabric
tip of the swab.



Open the package and gently
take out the swab.

This will be used for both
throat and nose

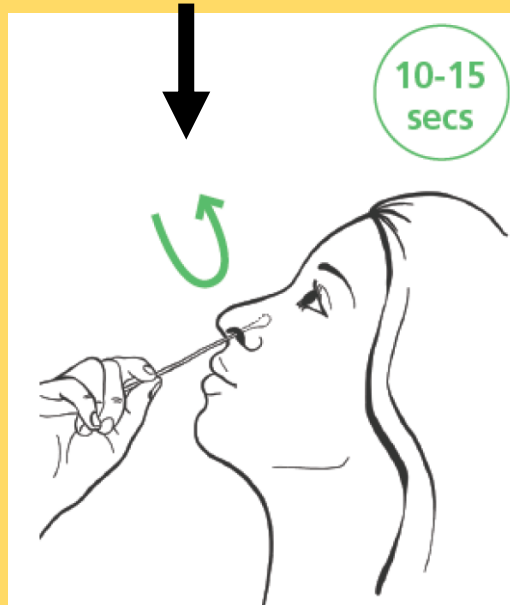
5 →



Holding the swab in your hand, open your mouth
wide and rub the fabric tip of the swab over both
tonsils (or where they would have been) at the
back of the throat with good contact **at least 3
times** (use mirror to help you do this).

Carefully remove the swab stick from the back of
your throat.

6



Put the same end of the swab
gently into one nostril until you
feel a slight resistance (about
2.5cm or 1 inch up your nose).

Rotate the swab for 10—15
Seconds and slowly remove it.

Repeat this in the other nostril

7 →

Clean the area and items
used with the antibacte-
rial wipes provided.

Including mirror



Use hand sanitiser to clean
your hands. Before leaving