

IMPORTANT !!! SAFETY ADVICE FOR THE TUBE LIQUID



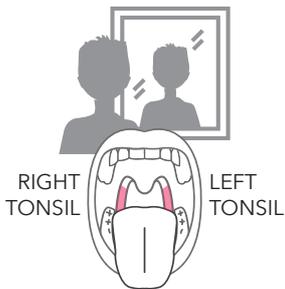
Please note the following safety advice for the **liquid contained in the tube**: Do not swallow. **If swallowed** wash out mouth with water and call a poison center or a doctor. If in **contact with skin**, rinse with water and wash with soap and water. Seek medical attention if irritation persists. If in **contact with eyes**, flush with water and seek medical advice. **If inhaled**, move individual to fresh air and seek medical attention.

READ HERE BEFORE STARTING

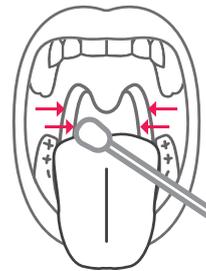
To test for coronavirus (SARS-CoV-2) we need two samples, one from the back of your throat and then from inside the nose with the **same swab**. The polythene bag supplied to you consists of a sealed pack containing a swab and a tube.

Please wash your hands carefully before you start. Then unpack the kit onto a clean surface.

1 Take the throat sample



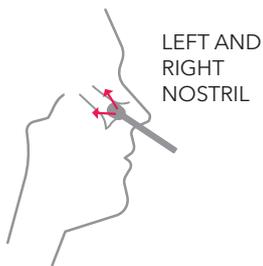
A Stand in front of a mirror, open your mouth wide and stick your tongue out. You will see at the back of the throat there is a hanging bell like structure called the uvula in the centre. To the left and right are arches which contain the tonsils. These are the two areas that need to be swabbed.



B Take the **swab** and place the soft tip of the swab in the back of the throat. Rub the swab on the right side of your throat **5 times** (the right arch which contains the right tonsil) **If this is done properly you will gag**. Then move the swab to the other side and rub against the left side of your throat **5 times** (left arch and tonsil). Again if done properly this will make you gag.

2 Take the nose sample

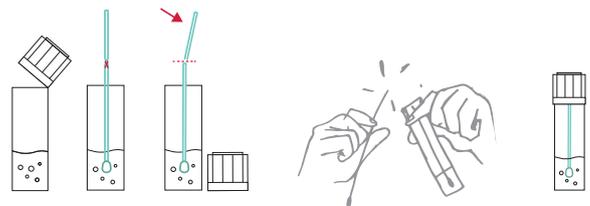
Please avoid touching the cotton bud with your hands (before or after the swabbing)



A Take the **same swab** out of your mouth and place the soft tip inside one of your nostrils. Insert it until you feel resistance. Once inside, rotate 5 times.

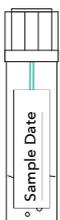
Then transfer the swab to the other nostril and again wipe around the inside of your nose **5 times**.

This may bring some tears to your eyes.

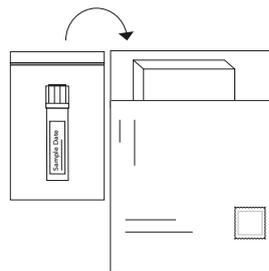


B Once you have taken the swab, unscrew the cap off the tube. Make sure you keep it upright because it contains preservative fluid. Place the soft tip of the swab into the tube. About half way up the swab you will see a **break-point**. **Snap the swab at this location** which will then allow you to screw the cap back on.

3 Pack the samples



A Write the date the sample was taken on the outside of the small collection tube containing the swab.



B Place the tube containing the swab into the polythene bag, seal it and then place into the cardboard box. Follow the instructions for sample collection and shipment. If you have multiple swabs, place each sealed bag into the larger polythene bag provided and then place into the cardboard box.