

Four easy stages of a rapid COVID-19 self-test

NHS

Test and Trace



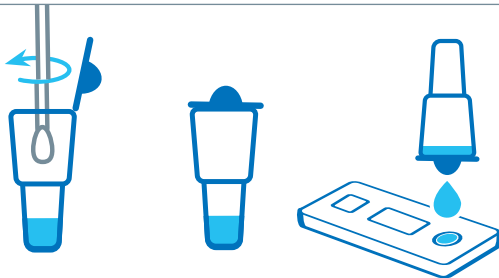
1

Set-up: sanitise testing area and hands, unpack kit, read instructions



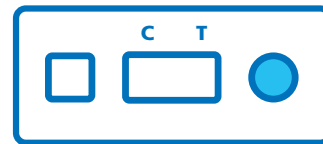
2

Swab: throat then nose



3

Process test: place swab in liquid in tube, squeeze liquid onto test device



4

Read result: ensure test device is on a flat surface, wait and read result at 30 minutes