

Coronavirus (COVID-19)

How to do a lateral flow test

This information is taken from the NHS easy-read booklet available here:
www.gov.uk/government/publications/instructions-for-covid-19-self-test



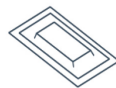
Make sure you have everything you need



Other useful items

- A watch or clock
- Tissues
- A mirror
- Hand sanitiser or soap

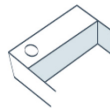
From the kit



- **Test strip** in a closed pack



- **Extraction buffer sachet**



- **Extraction tube holder** (part of the box)



- **Swab** in a closed wrapper



- **Extraction tube**



- **Waste bag**

If anything is missing or broken, do not use the test.



A. Before you start the test



1

Keep the kit at normal room temperature. This means it should not be left in the sun or in a fridge or freezer. Keep the kit away from children.

2

Use one kit for each person. You can only use each part of a kit once. Don't use the kit on animals.

3

If your nose is pierced on one side, you will need to take a sample from the side with no piercing. If your nose is pierced on both sides, take the piercing out.

4

Don't eat or drink for 30 minutes before you use the kit. If you had a nosebleed in the last day, wait 24 hours before you use the kit.

5

Get a flat area ready, like a table. Make sure it is clear, clean and dry.

6

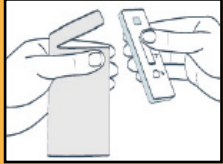
Wash your hands for 20 seconds. Use soap and warm water, or hand sanitiser. Dry your hands.

If you are doing more than one test, clean the table and wash your hands between each test.

B. Get the test ready



1 Take the **test strip** out of the closed pack. Put it on your table, and the pack in



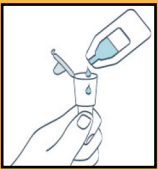
the bin. You must start the test in the next 30 minutes.

2 Open the **sachet** carefully by twisting it or snapping it. Be careful not to spill any



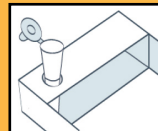
of the liquid in the sachet. Keep it away from your face.

3 Open the **extraction tube**. Slowly squeeze all of the liquid in the sachet into the



tube. Try not to let the sachet touch the tube.

4 Put the extraction tube in the **tube holder**. This is a hole inside the box, it makes the tube stand up so you don't spill the liquid inside it.



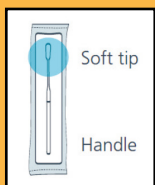
5 Blow your nose into a tissue and throw the tissue into the bin.



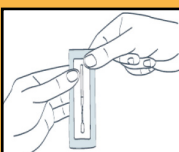
6 Wash and dry your hands again. If you are helping someone else do a test, you must both wash your hands.



7 Pick up the **swab** in the closed wrapper. Make sure you know which end is the soft tip of the swab.



8 Open the closed wrapper and take out the swab by holding the handle. Never touch the soft tip with your hands.



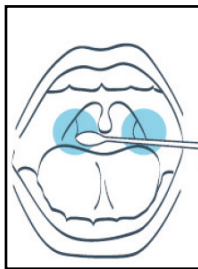
C. Take a sample with the swab



1 Hold the handle of the swab with your fingers. Open your mouth wide. Rub the soft tip of the swab over both tonsils 4 times.

Tonsils are soft pads at the back of your throat, 1 on each side. If you have no tonsils rub the swab on the sides of your throat.

Do not let the swab touch anything else, like your tongue.



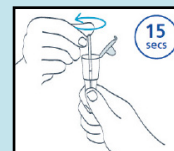
2 Take the swab out of your mouth and put it inside 1 side of your nose. Push it up until it stops. Rub the swab in a circle around the inside of your nose 10 times.

When you feel the swab it might feel strange but it should not hurt.

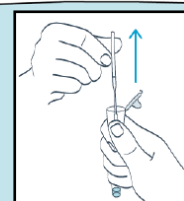


D. Test the sample

1 Pick up the **extraction tube** and open the lid. Put the soft tip of the swab inside the tube in the liquid. Stir the liquid with the swab and wipe the swab against the side of the tube for 15 seconds.

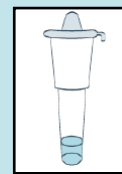


2 Take the swab out of the extraction tube. When you do this squeeze the tube onto the swab to help get all the liquid out of the swab. Put the swab in the **waste bag**.

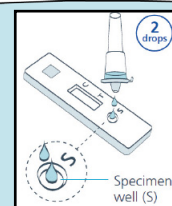


D. Test the sample continued

- 3** Put the lid back onto the extraction tube. Make sure the lid is on tight so that it cannot leak.



- 4** Turn the extraction tube upside down and squeeze two drops of the liquid onto the **test strip**. Make sure the drops are in the **specimen well** which is the hole next to the letter S.



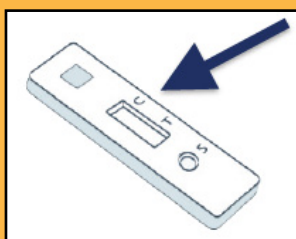
- 5** You now need to wait 30 minutes for your test to be ready.
Don't move the test strip. It must stay flat and still.

While you wait, some lines might show on the test strip. Keep waiting as the lines change.

E. Get your result

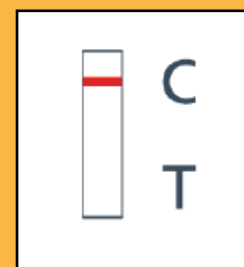
Look at your test strip and see if there are any lines next to the letter C or the letter T.

There are three possible results.



Negative result

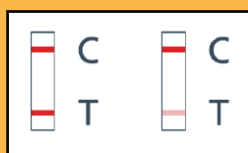
If you have one line by C, and no line by T this is a negative result. You probably do not have COVID-19.



Positive result

If you have one line by C, and one line by T this is a positive result.

The lines can be bright or faint. You have COVID-19.



Void result

If you have no lines, or one line by T this is a void result. This means the test did not work. You need to do another test.



F. Report your result

You need to report the result of your test. You will need the QR code or the number on your test strip.



To report the result, go to www.gov.uk/report-covid19-result or phone **119** in England, Wales and Northern Ireland. In Scotland, call **0300 303 2713**.

G. Throw your test away

After you have done the test, put all parts of the kit in the **waste bag**.

Put the waste bag in the bin.



What next?

Keep following local restrictions.

If you have COVID-19 you and anyone that lives with you must try to self-isolate.

If you are not better after one week call **111**. If you are very ill call **999**.

If you need more help with the test, visit www.gov.uk/covid19-self-test-help

Protect yourself and others by getting vaccinated

Anyone experiencing homelessness is now a priority group to have the COVID-19 vaccine.

The vaccine is given in two doses around 12 weeks apart. If you have not had any information about receiving your vaccine, speak to your GP or support worker.

If you are rough sleeping or are not linked up to a GP or support worker, we recommend that you contact support staff from a day centre, outreach team or local support service and let them know your situation.