Take swab sample
Step-by-step guide

Need help?
If you have any questions or problems with this test kit, please alert a member of staff.
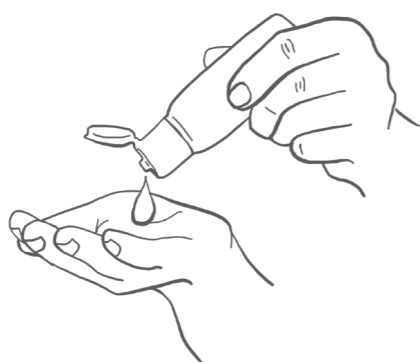
1 Remove your face covering and gently blow your nose into a tissue

Throw the used tissue into the healthcare waste bin provided.
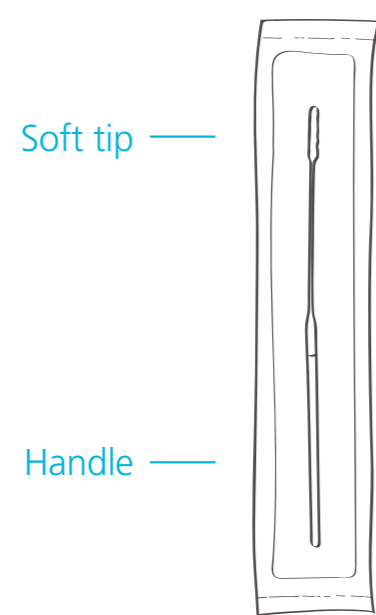
This is so that you get rid of excess mucus.

2 Use hand sanitiser to clean your hands.
This is so that you do not contaminate the test kit.
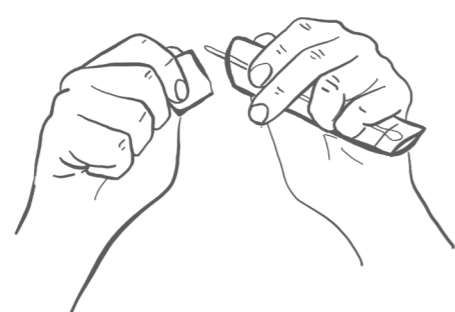
3
Soft tip ——

Handle ——

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

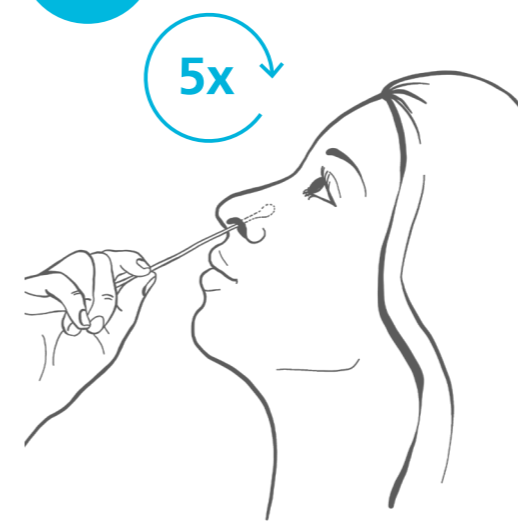Identify the soft, fabric tip of the swab.

4 Open the package and gently take out the swab.
This will be used for swabbing both nostrils.

Important: Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab.

The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

Important: The swabbing may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain.

If there is blood on the swab sample, please alert a member of staff.

6 5x Put the swab gently into one nostril until you feel a slight resistance (about 2.5cm up your nose).

Roll the swab firmly around the inside of the nostril slowly, making 5 complete circles and slowly remove it.

7 5x Put the same swab gently into the other nostril until you feel a slight resistance (about 2.5cm up your nose).

Roll the swab firmly around the inside of the nostril slowly, making 5 complete circles and slowly remove it.

Important: After collecting the sample place the swab directly in the prepared extraction tube. Be careful not to touch any surfaces with the swab.

Put on your face covering.

Follow the instructions from a member of staff on what to do next.

Use hand sanitiser after handing in your sample.