

Lateral Flow Testing Guidance



Wash your hands thoroughly for **20 seconds** using soap and warm water



Look inside the mouth, and find the tonsils at the back of the throat. Tonsils or where they would have been (if they are removed) are where you will swab the sample. If you're performing this on yourself use a mirror to help.



Gently blow your/their nose and cough into a tissue. This is so that excess mucus does not interfere with the test. Throw the tissue away in a closed bin.

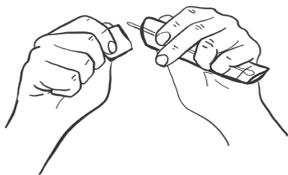


Use sanitiser on your hands.



Soft tip Handle

Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

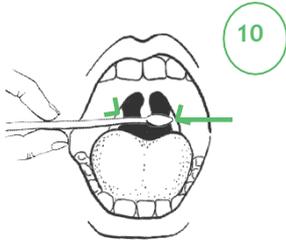


Open the package and gently take out the swab.
This will be used for both tonsils and nose.

Important

Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. If it touches anything else, it may spoil your sample.

Taking the sample may cause gagging and minor discomfort, but it should not hurt.



Holding the swab in your hand, open the mouth wide and gently rub the swab over both tonsils at the back of the throat for **10 seconds** (use a torch and/or mirror to help you do this).

Remove the swab from the back of the throat.



Put the **same end** of the same swab gently into the nostril about 2.5cm (1 inch) or until you feel some resistance. Rotate the swab for **10-15 seconds** and slowly remove it. You only need to sample one nostril. If you have a piercing use the other nostril.

Important
This may feel uncomfortable. Donot insert the swab any deeper ifyou feel strong resistance or pain.



Pass the swap through the space at the back of the booth and place swab into the vial indicated by the member of staff.



Use sanitiser on your hands.