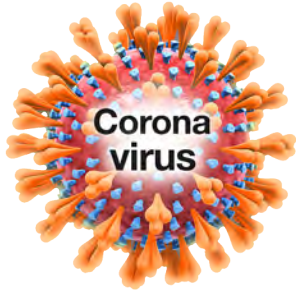




MANCHESTER  
CITY COUNCIL



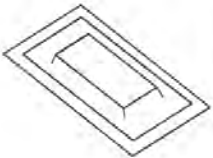
# How to test yourself at home for Covid-19

- ✓ You can get a free kit to test if you may have the Coronavirus
- ✓ This leaflet shows you how to use it
- ✓ Read all the instructions first to make sure you can understand them and have the things you will need
- ✓ Then follow them step-by-step  
You may want to get someone to help you

- The test is sometimes called a  
'Lateral Flow Test' or a  
'Rapid Antigen Test'



# What is in the kit



**Test strip  
in sealed  
packaging**



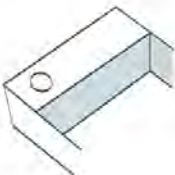
**Swab inside  
sealed  
wrapper**



**Extraction  
buffer sachet**



**Extraction  
tube**



**Extraction tube  
holder (attached  
to the box)**



**Plastic  
waste bag**

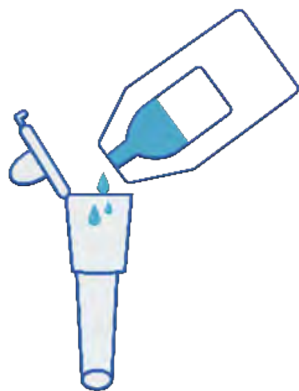
# 1 Step by step

## Get ready to do your test

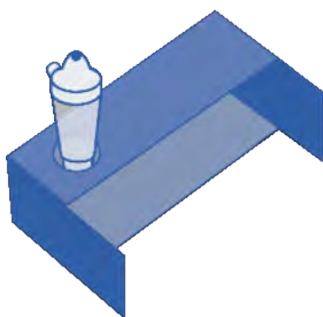


Wash or sanitise your hands

Have a clean, dry surface such as a table to put everything on



Open the extraction buffer liquid  
Pour liquid into the extraction tube



Close the lid on extraction tube  
Put it in the tube holder – the hole in the box



Blow your nose  
Wash your hands again

Take the swab out  
Do not touch the soft part

Soft part – do not touch



This is the swab



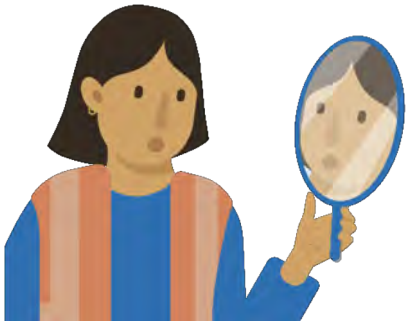
This is the extraction tube



This is the extraction buffer liquid

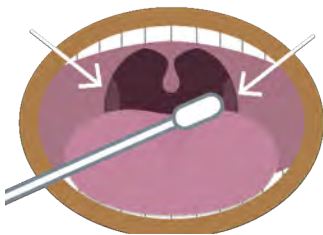
## 2 Step by step

### Take your swab sample



**You need to swab your mouth and your nose – Do your mouth first**

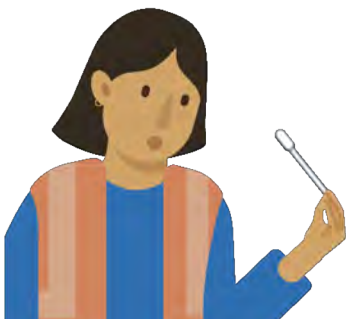
**Open your mouth wide  
It may help to use a mirror  
or get someone to do it for you**



**Rub the swab 4 times on each tonsil  
or where your tonsils were if you  
have had them taken out**



**Take the swab out of your mouth  
but do not let it touch your teeth,  
tongue or gums**



**Use the same swab to take  
a sample from your nose**

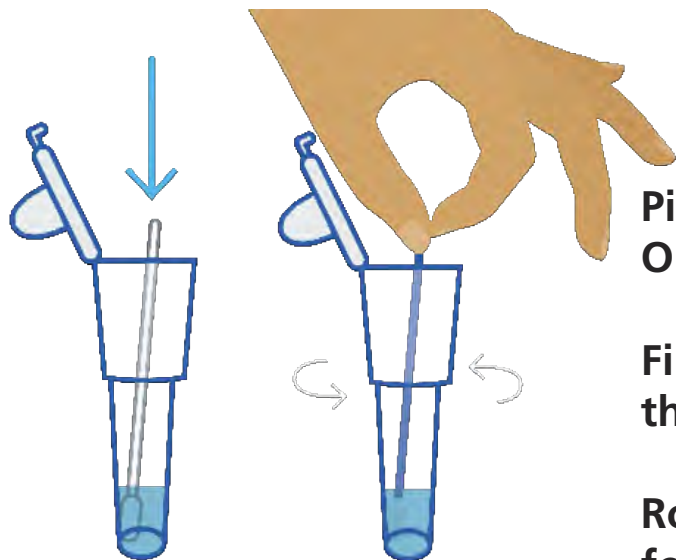
**Slowly push the swab up a nostril  
Do not touch any part of your face**



**Roll the swab around inside your  
nose 10 times**

# 3 Step by step Process your test

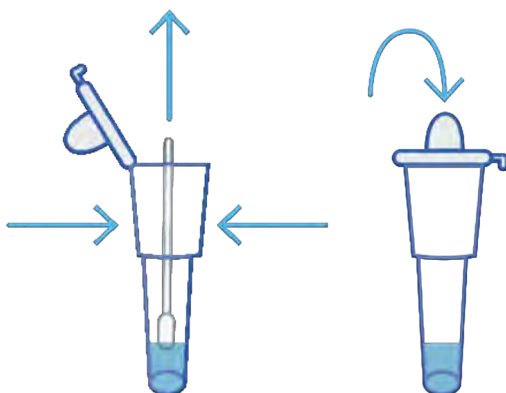
This is the tester



Pick up the extraction tube  
Open the lid

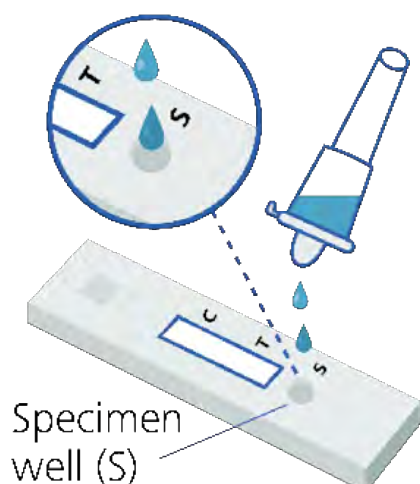
Firmly push the soft tip of swab into  
the tube so it is in the liquid

Roll the swab around in the tube  
for 15 seconds



Take out the swab, pinch the tube  
as you do to get all the liquid from  
the swab

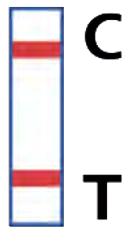
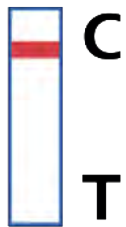
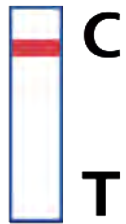
Close the lid



Squeeze 2 drops of liquid from the  
extraction tube onto Specimen Well  
(marked S on the tester)

Set a timer or check the clock  
Wait 30 minutes

## 4 Step by step Reading your test result



After 10 minutes you should be able to see a line at the C Mark

This tells you the test is working

If after 30 minutes no line is there your test has not worked – Try again

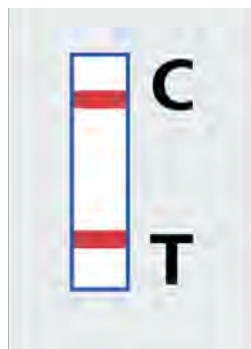
After 30 minutes...

If you just have 1 line your test is **Negative -**

This means you probably do not have Coronavirus – You can come to the MPF office

If you have 2 lines your test is **Positive +**

This means you probably do have Coronavirus – You must self isolate right away



**When you have done your test you can put it all in the waste bag and put it in your bin**