



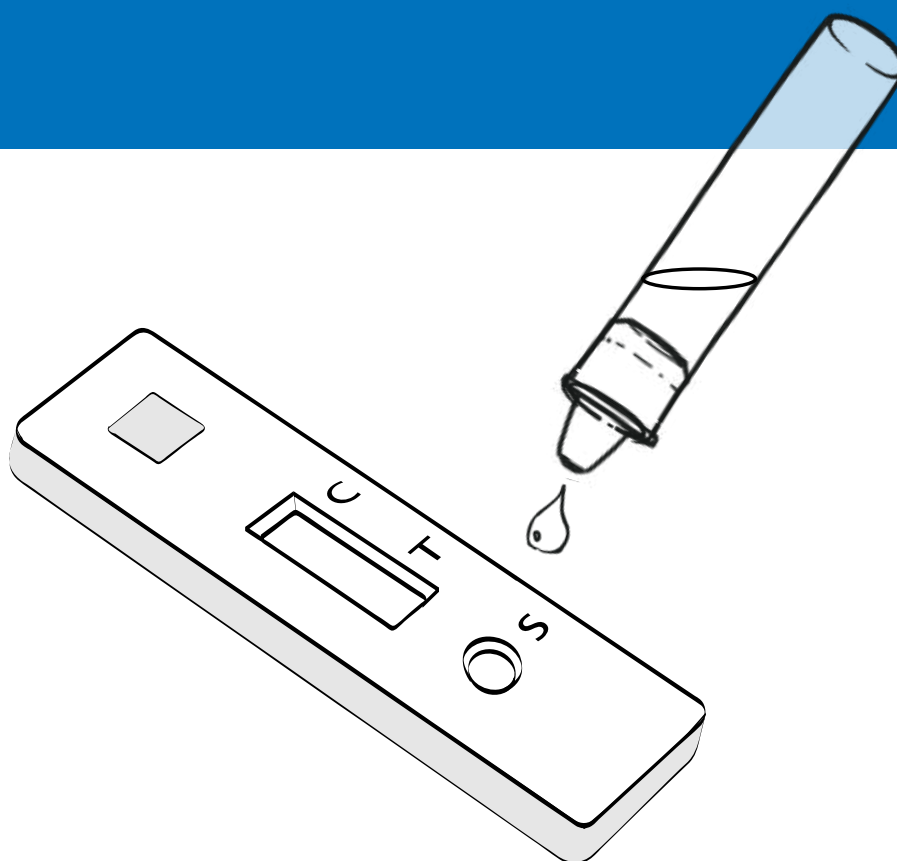
UK Government

**NHS**

Test and Trace

# Testing yourself for coronavirus

A pupils and parents' guide  
to the rapid lateral flow test.



This is an easy read guide.

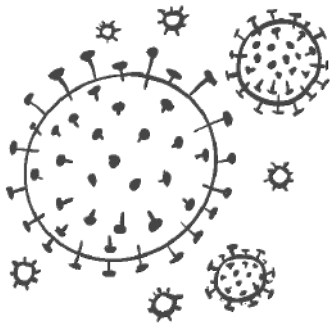
# 1 Introduction



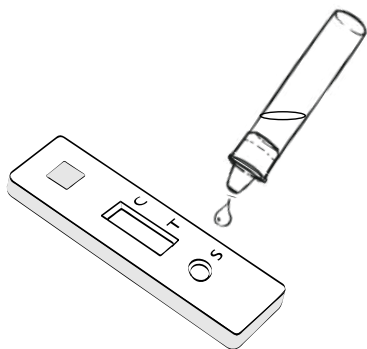
This guide comes from the Government's NHS Test and Trace.



It tells you how to test yourself for coronavirus.

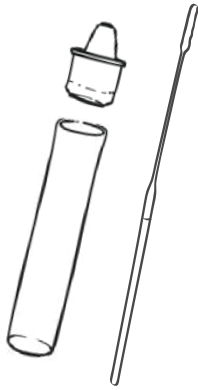


Coronavirus is an illness that is spreading around the world. Some people call it COVID-19.



We have a test for coronavirus. You will do the test on yourself. The test will be processed by the staff at school.

## 2 Taking the test



The test is nothing to worry about. It will be very quick and it will not hurt.

If you struggle taking the test yourself, a member of staff will advise you.



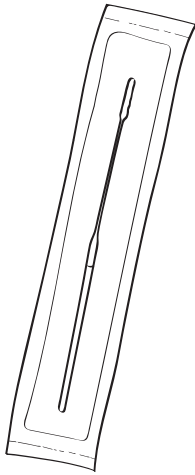
Do not eat or drink in the 30 minutes before taking the test



Blow your nose into a tissue.  
Throw the tissue in the bin.

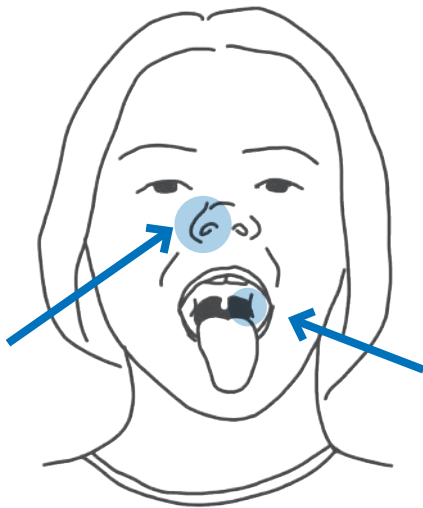


Before you take the test, wash your hands with soap and water or use hand sanitiser.



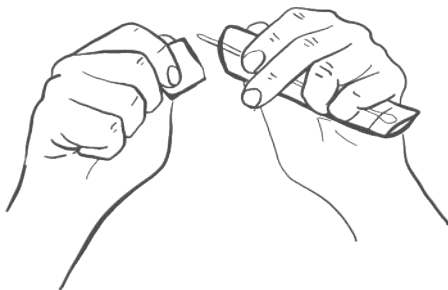
You will take a sample from your throat and your nose using a swab.

A swab is like a large cotton bud.

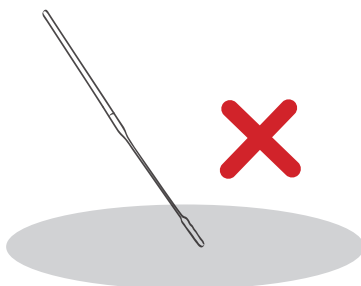


You will use the same swab for both your throat and your nose.

**If you cannot swab your throat,** you can swab both nostrils instead.

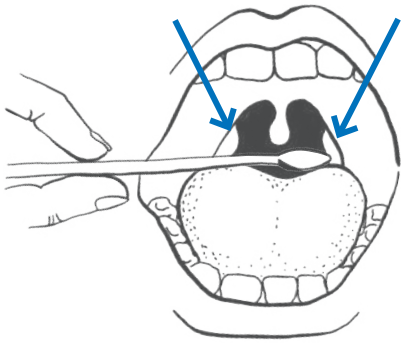


Open the package and gently take out the swab, holding it at the stick end



Do not touch the tip of the swab or let it touch other surfaces

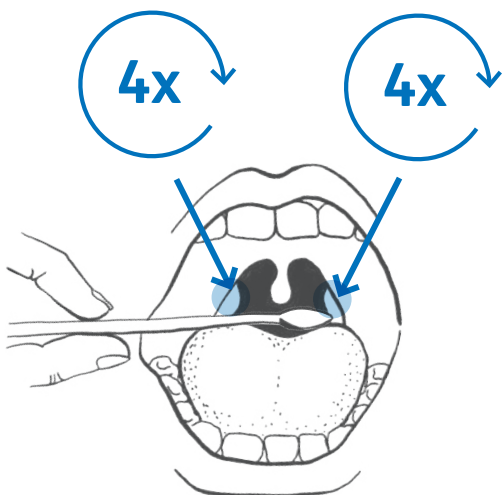
### 3 Throat swab



Use the swab to take a sample from your mouth.



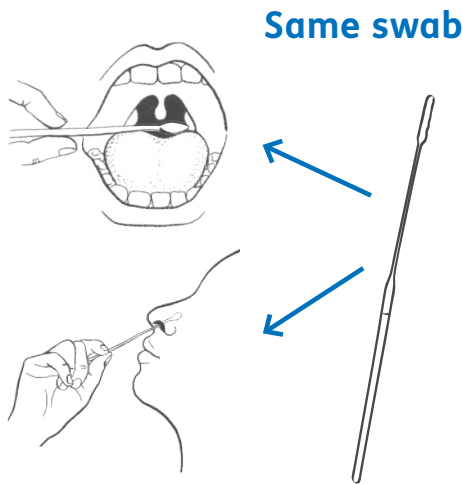
You need to open your mouth and stick out your tongue. It may help if you look in a mirror as you do this



Gently rub the swab over your tonsils **4 times on both sides.**

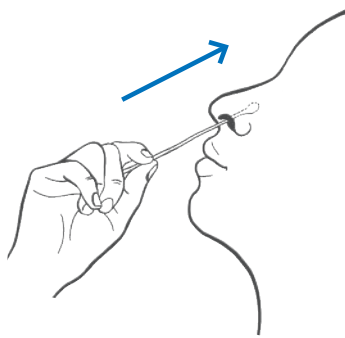
It may be a bit uncomfortable and may make you cough/gag, but it will not hurt.

## 4 Nose swab

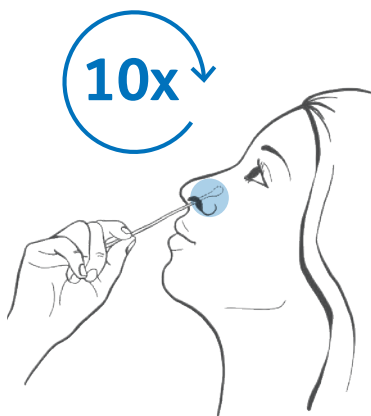


Use the **same swab** to take a sample from your nose.

If one of your nostrils is pierced, swab the other nostril.



Put the swab into your nostril and push it gently upwards until you feel it stop. Don't push too hard.



Gently turn the swab to make **10 complete circles**.

This will not hurt but may be a bit uncomfortable.

If you did not swab your throat, now swab the second nostril.

## 5 Finish the test



That is it, well done.

Now you can tell the staff member that you have finished your test.

They will take your swab to process and get the result.

30  
min



You will be told your test result after about 30 minutes