



Step-by-step guide for self-swab tests

The six steps your test subjects will go through during the self-swab process.

- **Sanitise hands**

1. **Locate tonsils** or tonsil area using a mirror, you may find this easier with a torch or your phone torch
2. **Blow nose into a tissue**, put the used tissue in the healthcare waste bin

- **Sanitise hands**

3. **Check swab packet** is sealed
4. **Remove swab** holding the handle
5. **Open mouth** and rub the swab on each tonsil or tonsil area at least three times
6. **Insert swab** in to nostril until there is slight resistance and rotate five times

- **Place swab in test tube provided**

- **Put face mask on**

- **Sanitise hands**