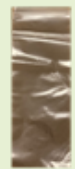


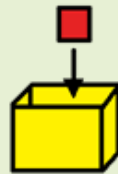
# Self Testing Kit



## Contents of kit



waste bag



Place used items in here.



Sealed Test Strip Packet



Open this for the test strip.



test strip



This will show you the result of your test when complete.



extraction sachet



This has the solution inside.



extraction tube



This is where the sample will be placed.



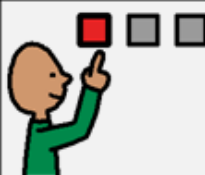
extraction tube holder



This is inside the box and can be used to hold the extraction tube steady.



swab



This is what is used to take your sample.




Before starting the test.



Clean area.



Remove items from box and packaging.




Read instructions




Blow nose.




Wash hands.




During the test.



Hold swab between thumb and fingers.



Open mouth wide.



Rub the soft side of the swab over tonsils or where they should be.

# 4

Do this four times on each side.



Don't touch the tongue.




Don't touch the teeth.



Don't touch the gums.




Don't touch the cheeks.




Don't touch surfaces with swab.

Use the same swab.



Put swab up nostril.



Make 10 complete rotations.



Place the soft tip of the swab inside the extraction tube with the solution inside it.



Push the swab against the edge of the tube.



Pinch the tube against the swab while removing it.



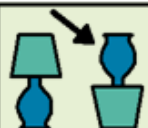
Carefully remove all the liquid from the swab.



Press the lid on the tube.



Carefully remove all the liquid from the swab.



Turn the tube upside down over the test strip.



Squeeze two drops into the circle on the test strip.



Put the swab and tube into the waste bag.



Leave the test for 30 minutes.



After the test



Report the result online or by phone.



You will get an email or text message to tell you what to do next.