

## Step-by-step guide for self-swab tests

1. Sanitise your hands.
2. Locate your tonsils or tonsil area using a mirror and torch or phone.
3. Blow nose into a tissue, put the used tissue in the healthcare waste bin.
4. Sanitise your hands again.
5. Check the swab packet is sealed.
6. Carefully open the packaging and remove swab holding the handle. Do not touch the fabric end of the swab at any point.
7. Open your mouth and rub the swab on each tonsil or tonsil area at least three times. This may make you gag and be a sign that you are swabbing in the correct area.
8. Insert the swab into one nostril until there is slight resistance and rotate five times.
9. Place the swab into the test tube on the test processing table.
10. Do not leave the swabbing bay until you are instructed to by the test processor.

