How to test yourself for COVID-19

corona
virus
COVID-19

easy
read

Easy read booklet

How to use a self-test kit

About this booklet
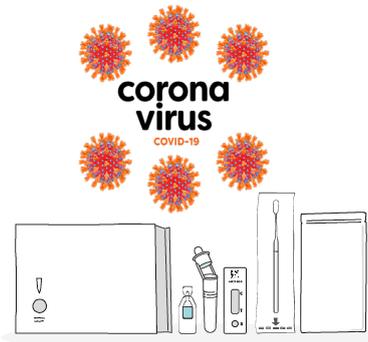
COVID-19 is an illness affecting people all over the world.
You can use a **self-test kit** to find out if you have COVID-19. This booklet tells you how to use the kit.

A **self-test kit** is a pack with everything you need to do the test yourself at home.

Some people have COVID-19 but don't know it. By using these tests we can find out who has COVID-19 and stop it from spreading.

Read this booklet even if you've used a test before. This test might be different.

About the test
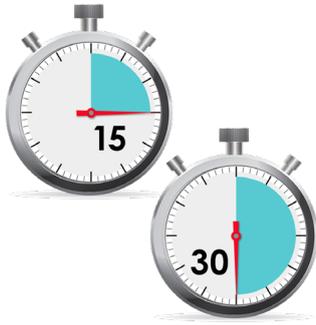
The test will take about 15 minutes. The test **result** will be ready 30 minutes after you finish the test.

The **result** means the answer to the test, and tells you if you have COVID-19.

You need to

A. Get ready

B. Get the test ready

C. Take a sample with a swab

D. Test the sample

E. Get your result

F. Tell us your result

G. Throw your test kit away

This booklet tells you how to do the test. You must read each part of this booklet and do what it says.

Who is this test for

If you are over 18 years old, you can use this test. You can ask someone to help you if you need to.

Young people who are between 12 and 17 years old can use this test if an adult is watching. The adult can help with the test.

This test can be used by children who are under 12 years old if the test is done for them by an adult.

Before you start the test

Keep the kit at normal room temperature. This means it should not be left in the sun, or in a fridge or freezer. Keep the kit away from children.

Use 1 kit for each person. You can only use each part of a kit once. Don't use the kit on animals.

If your nose is pierced on both sides, take the piercing out on 1 side. You will need to take a sample from the side with no piercing.

Don't eat or drink for 30 minutes before you use the kit. If you had a nosebleed in the last day, wait 24 hours before you use the kit.

A. Get ready
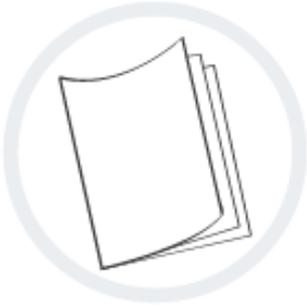
1 Read this booklet carefully. You can also watch a video showing how to take a test by clicking on this link

**gov.uk/covid19-self-test-help**

2 Get a flat area ready, like a table. Make sure it is clear, clean and dry.

**3** Wash your hands for 20 seconds. Use soap and warm water, or hand sanitiser.

20 seconds
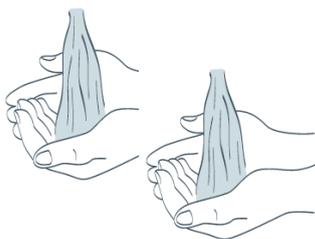
If you are doing more than 1 test, clean the table and wash your hands between each test.

4

Make sure you have everything you need. If anything is missing or broken do not use the kit.

From the kit
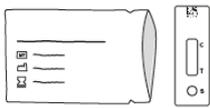
Test strip in a closed wrapper
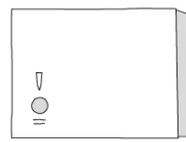
Extraction **tube holder** (part of the box)

Extraction buffer **sachet**

Swab in a closed wrapper

Extraction tube

Waste bag

From your home

a watch or clock

a mirror

tissues

hand sanitiser or

cleaner for your table

soap and warm water

B. Get the test ready

5 Take the **test strip** out of the closed wrapper. Put the test strip on your table, and the wrapper in the bin. You must start the test in the next 30 minutes.

30 minutes
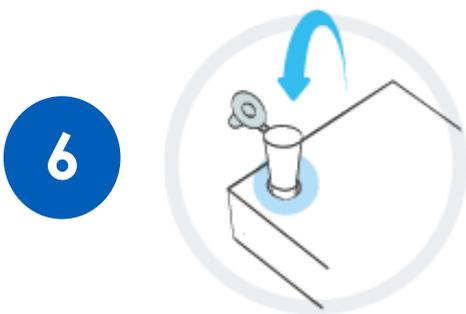
6 Put the extraction tube in the **tube holder**. This is a hole inside the box, it makes the tube stand up so you don't spill the liquid inside it.

7 Open the **sachet** carefully by twisting it or snapping it. Be careful not to spill any of the liquid in the sachet.
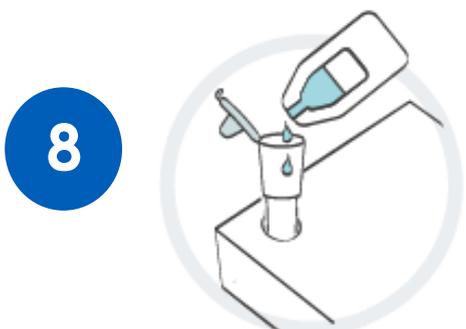
8 Open the **extraction tube**. Slowly squeeze all of the liquid in the sachet into the tube. Try not to let the sachet touch the tube. Put the sachet in the **waste bag**.
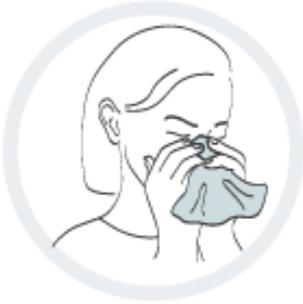
9 Blow your nose into a tissue and throw the tissue in the bin.
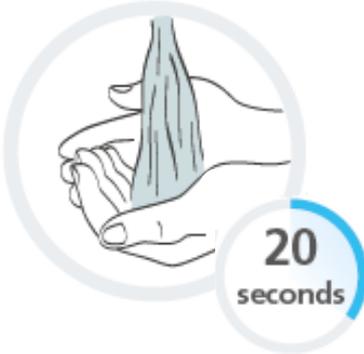
10 Wash and dry your hands again for 20 seconds. If you are helping someone else do a test, you must both wash your hands.

20 seconds
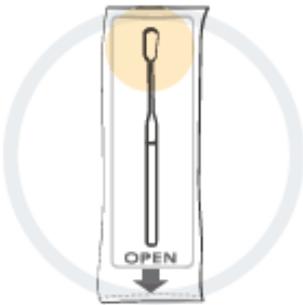
11 Pick up the **swab** in the closed wrapper. Make sure you know which end is the soft tip of the swab.
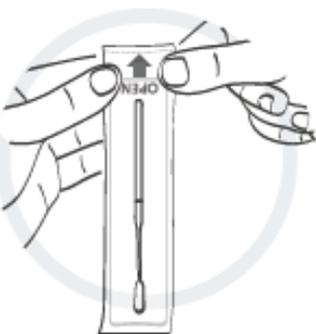
OPEN

12 Open the closed wrapper and take out the swab by holding the handle. Never touch the soft tip with your hands.

C. Take a sample with a swab

Use this page for testing an adult
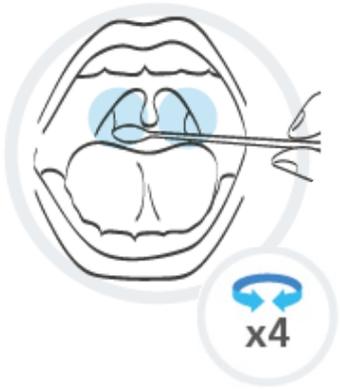
13 Hold the handle of the swab with your fingers. Open your mouth wide. Rub the soft tip of the swab over both tonsils 4 times.

Tonsils are soft pads at the back of your throat, 1 on each side. If you have no tonsils rub the swab on the sides of your throat.

Do not let the swab touch anything else, like your tongue or teeth.

14 Take the swab out of your mouth and put it inside 1 side of your nose. Push it up until it stops.

**15** Rub the swab in a circle around the inside of your nose 10 times.

When you use the swab it might feel strange but it should not hurt.

Use this page for testing a child

If a child less than 12 years old needs a test, an adult must do the test for them. It is good if the child can sit on someone's lap or hold someone's hand. Tell them what will happen.
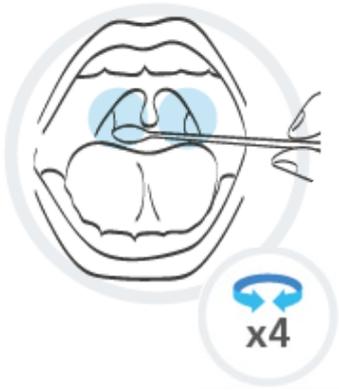
13 Rub the soft tip of the swab over both tonsils 4 times. If it is too difficult to rub the swab on the tonsils, you can do inside both sides of the nose instead.

x4
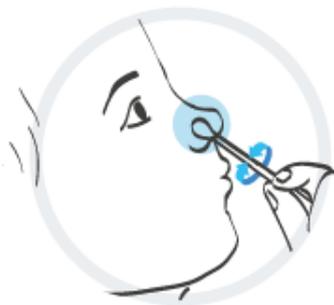
**14** Take the swab out of the mouth and put it inside 1 side of the nose. Push it up until it stops.
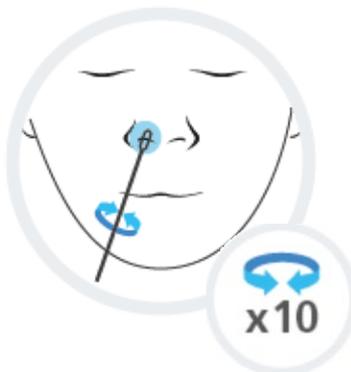
15 Rub the swab around 1 side of the nose 10 times, or both sides 10 times if you could not swab the tonsils.

x10

D. Test the sample

16

Pick up the **extraction tube**. Put the soft tip of the swab inside the tube in the liquid. Stir the liquid with the swab and wipe the swab against the side of the tube for 15 seconds.

17

Take the swab out of the extraction tube. When you do this squeeze the tube onto the swab to help get all the liquid out of the swab. Put the swab in the **waste bag**.

18

Put the lid on the extraction tube. Make sure the lid is on tight so that it cannot leak. Wash your hands again.

19
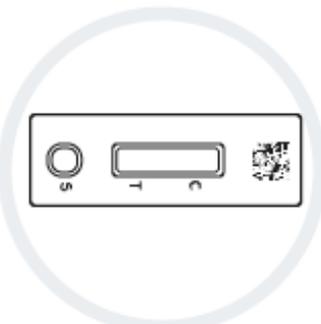
Make sure your **test strip** is on your table. It must stay flat and still.

20 Squeeze 2 drops of the liquid from the extraction tube onto the test strip. Make sure the drops are in the **specimen well** which is the hole next to the letter S. Put the extraction tube in the waste bag.
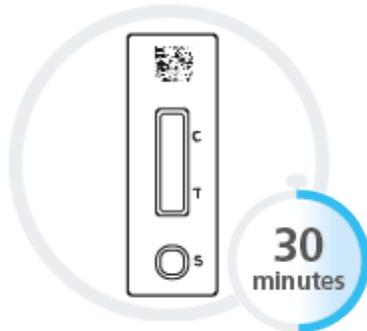
21 Look at your clock or watch. You need to wait for 30 minutes for your test to be ready. Work out what time your test will be ready.

While you wait, some lines might show on the test strip. Keep waiting as the lines might change.

After 30 minutes your test will be ready and you can read the result.
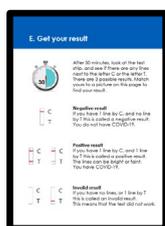
On the next page we will tell you what the lines mean and what your test result is.

E. Get your result
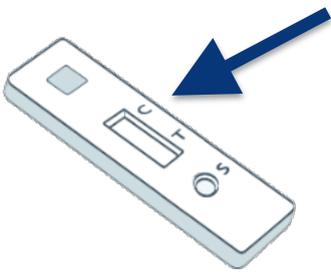
Look at your test strip and see if there are any lines next to the letter C or the letter T. There are 3 possible results. Match yours to a picture on this page to find your test result.
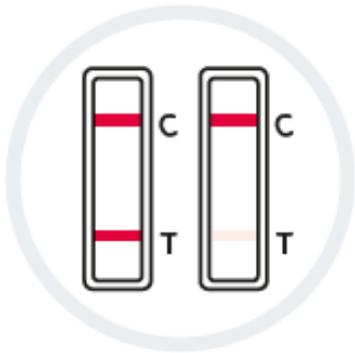
Positive result

If you have 1 line by C, and 1 line by T this is called a positive result.
The lines can be bright or faint.
You have COVID-19.
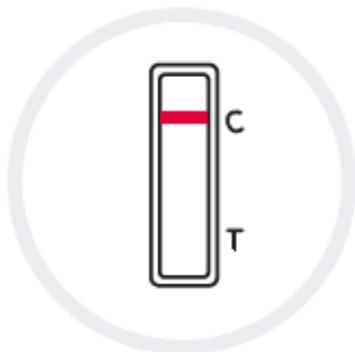
Negative result

If you have 1 line by C, and no line by T this is called a negative result.
You probably don't have COVID-19.
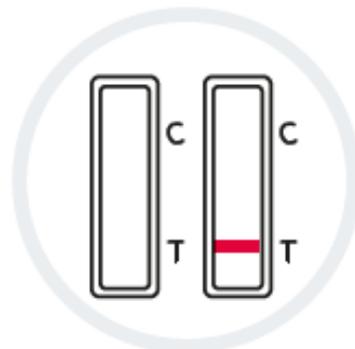
Void result

If you have no lines, or 1 line by T this is called a void result.
This means that the test did not work.

F. Tell us your result
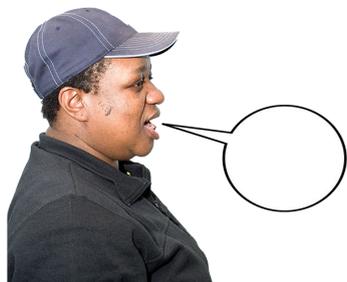
Tell us your result so that we have as much information as possible.
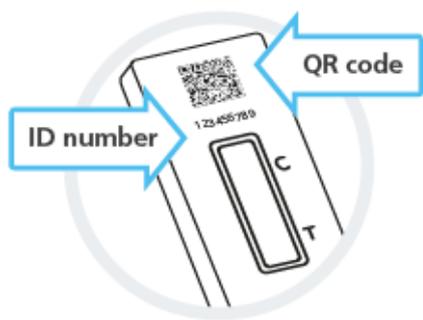
To tell us your test result you will need the QR code or the ID number on your test strip. The **QR code** is a pattern of dots that a computer or mobile can read.

Tell us your result by going to the website for the country you live in.

- England, Wales or Northern Ireland **gov.uk/report-covid19-result**
- Scotland **covidtest.scot**

Or you can tell us your result by phoning us between 7am and 11pm. Call **119**.

G. Throw your test kit away

After you have done the test, put all parts of the kit in the **waste bag**.

Put the waste bag in your bin.

What next

If you have a positive result you and everyone who lives with you must stay at home. You must follow the rules in the area where you live. **Click here to read about the rules**

If you have a negative result you should still wash your hands often, wear a face mask, and keep 2 metres away from other people.

Hands   Face

Space
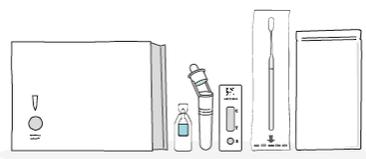
If you have a void result you need to try again. Use another test from your pack.

If you think you might have COVID-19 you and everyone who lives with you should stay at home and get another test. Go to this website **gov.uk/get-coronavirus-test** or call **119**.

If you have COVID-19 and are not better after 7 days visit this website **111.nhs.uk** or call **111**. If you are very ill call **999**.

If you need more help with the test visit this website **gov.uk/covid19-self-test-help**

The full version of this document is called

"Your step-by-step guide to DHSC COVID-19 Self-Test (Rapid Antigen Test)"

Please read the full document for more information