Testing yourself for coronavirus (COVID-19)
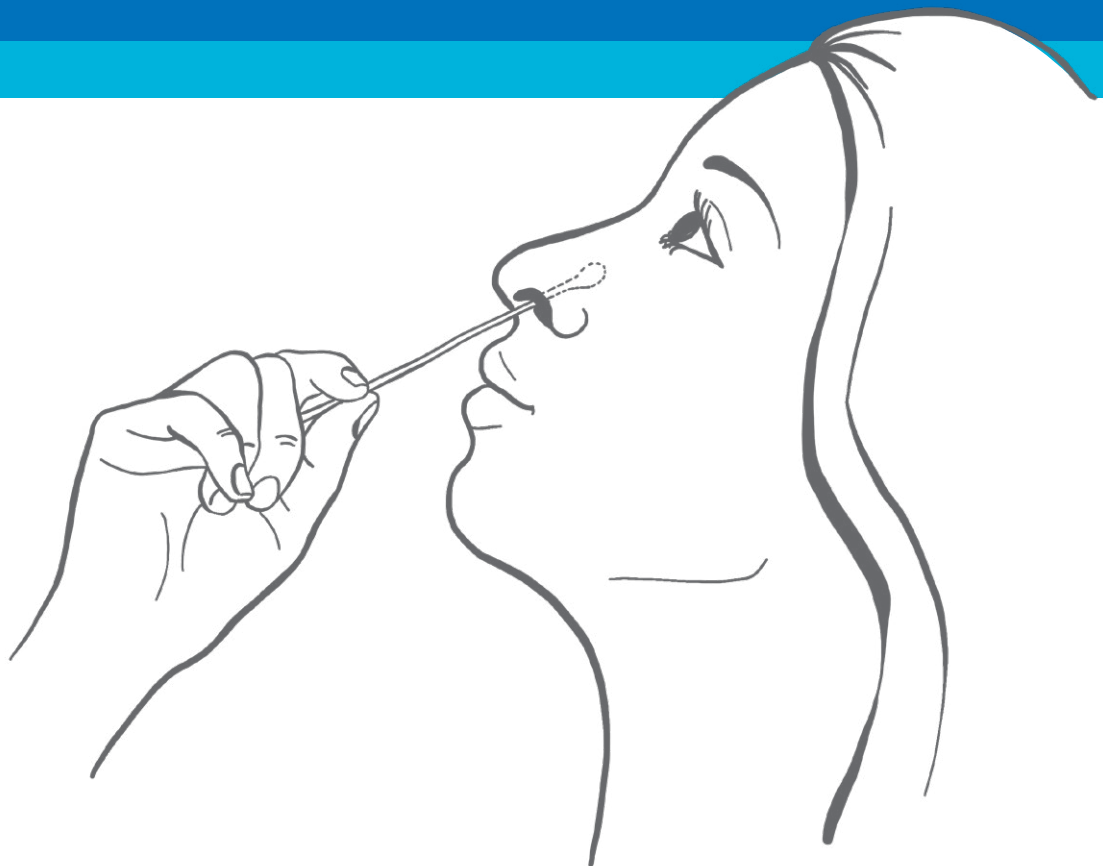
This is an easy read guide.
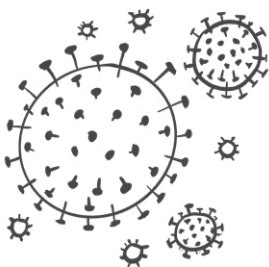
Contents

1 Introduction

This guide comes from the Government's Department of Health and Social Care.

Please read through this guide carefully before you do your test.

It tells you:

- what to do when you get your test kit.

- how to test yourself for **coronavirus**.

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

We have a test for coronavirus. You can do the test on yourself.

Coronavirus

You can have coronavirus
and not feel ill.

Some people are very ill with it.
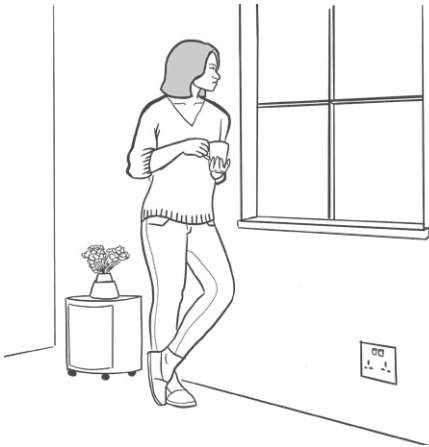
Coronavirus symptoms

You may get a high
temperature and a cough.

You might not be able to taste
or smell things.

If you have **any** coronavirus symptoms
you must **isolate** and can book a test.
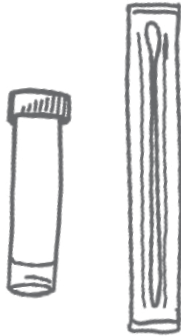
Isolate means:

- you must stay in your home.

- you cannot go near other people, unless they are providing you with care

- you cannot go out.

2 **Prepare to test**

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

Clean and dry a surface.
Then unpack everything from the test kit onto it.

If you have a runny nose, you will need to blow your nose with a tissue before taking the test. Throw the used tissue in a bin.
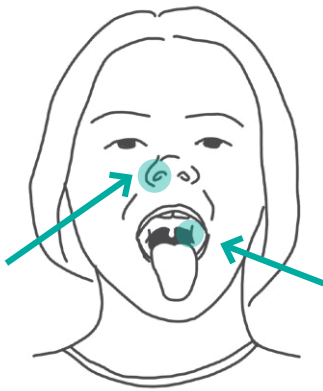
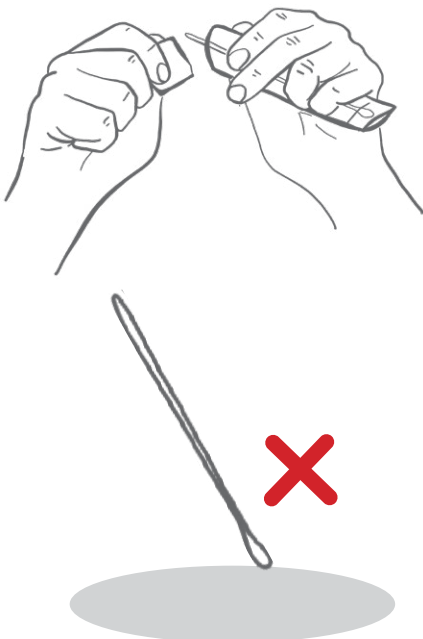Before you take the test, wash your hands with soap and water.

You will take the test from your throat and your nose using the **swab**.

A **swab** is like a large cotton bud.

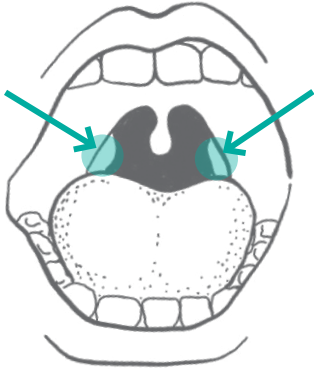You will use the same swab for both your throat and your nose.

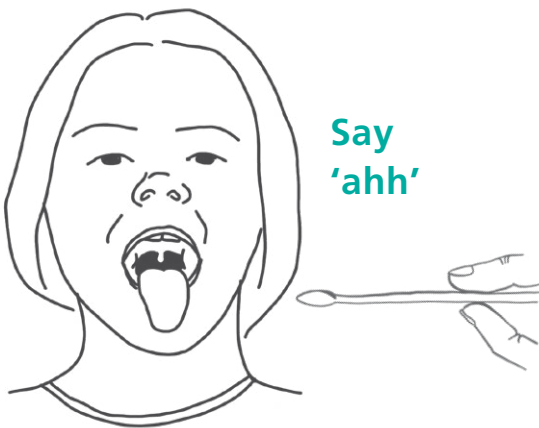**If you cannot swab your throat,** you can swab both nostrils instead.

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

Do not let the tip of the swab touch other surfaces or it could mix up your results.
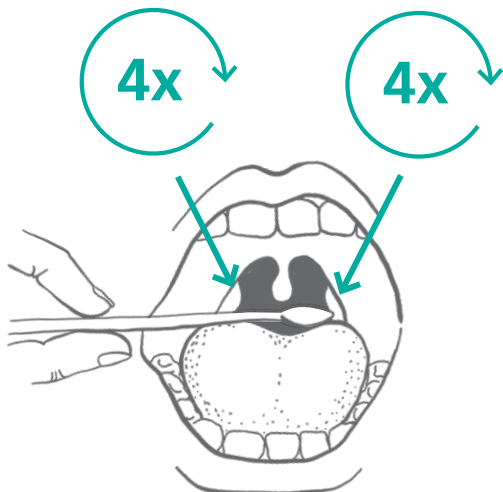
3 Throat swab

Look inside your mouth and find your **tonsils**. Your **tonsils** are the soft parts at the back of your throat.

Say 'ahh'

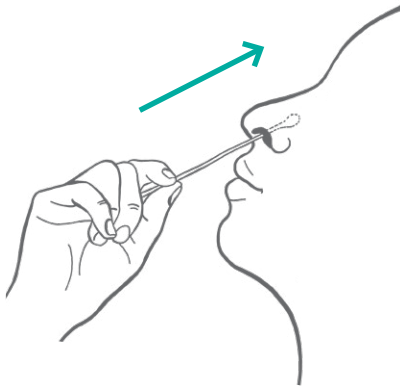You need to open your mouth and stick out your tongue.

Use the swab to take a sample from your throat.

4x   4x

Gently rub the swab over the soft part at the back of your throat for **4 times on each side.**

It may be a bit uncomfortable and may make you gag or cough, 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.

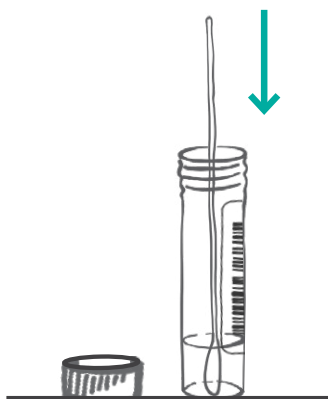Put the swab into your nostril and push it gently upwards.

It will not hurt and it will not go too far up.

Gently turn the swab for
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.

Put the swab into the **plastic tube**. A **plastic tube** is a small jar filled with a little liquid.

Make sure the liquid stays in the tube.

Snap off the stick end of the swab so that it fits into the plastic tube without bending.
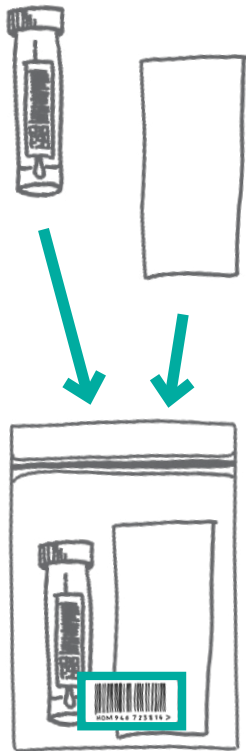

Screw the lid of the plastic tube back on tightly and check it is on correctly.

That is it, well done.
Now you need to pack up the test to give it to the staff member.

5 Pack up your test

An **absorbent pad** is a small piece of soft fabric.

Place the plastic tube and absorbent pad together into the **leak-proof bag**.

The leak-proof bag will have a barcode on it.

Let some air out of the bag. Then take the strip off the top of the bag. There is a sticky area underneath.
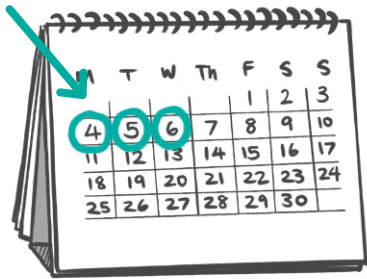Fold this sticky area on to the bag to close it.

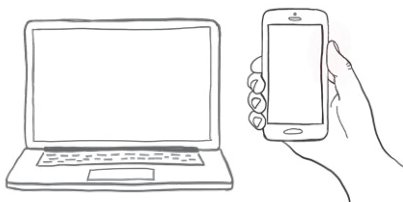Give the sealed bag to the staff member.

6 Get your test results

You will not know the test results straight away. It will be sent off to the lab for testing.
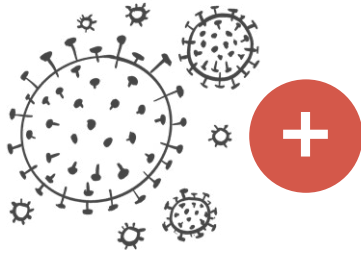
You will have to wait for your test results. This may take up to 3 days.

If you or a person you live with have any coronavirus symptoms, continue to self-isolate while you wait for your test results.
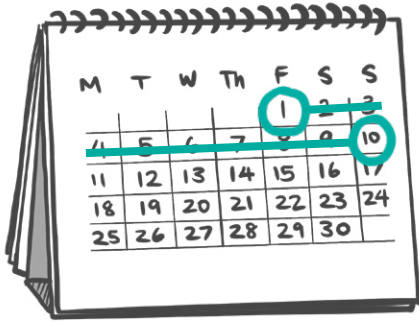
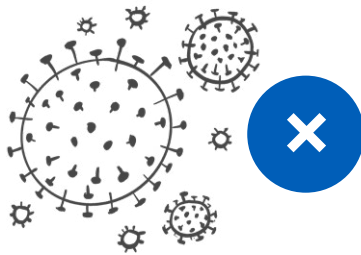You will get your test results by text and email.

If your test result is positive

It means that you have coronavirus.

If you also have symptoms, you must **isolate for 10 days from when your symptoms started.**

If you have not had symptoms you must **isolate for 10 days from when you had the test.**
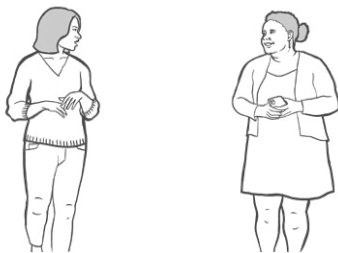
If your test result is negative

It means that the test did not find coronavirus.

You do **not** need to continue isolating as long as:

- no one else in your home has symptoms

- NHS Test and Trace did not tell you to self-isolate

- you feel well. If you feel unwell, stay at home until you feel better.
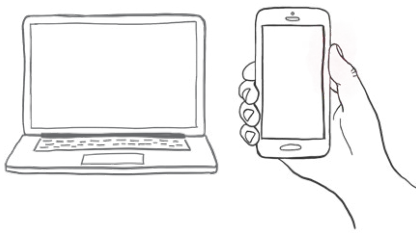
NHS
Test and Trace

7 For more information

If you need more information, please go to:

www.gov.uk/coronavirus

If you have any questions about your coronavirus test please call:

- **119** if you live in England, Scotland, Wales or Northern Ireland

Lines are open **7am to 11pm** every day.

If you feel worse, or you do not get better after 7 days:

- visit NHS 111 online at **www.111.nhs.uk**

- or call **111**