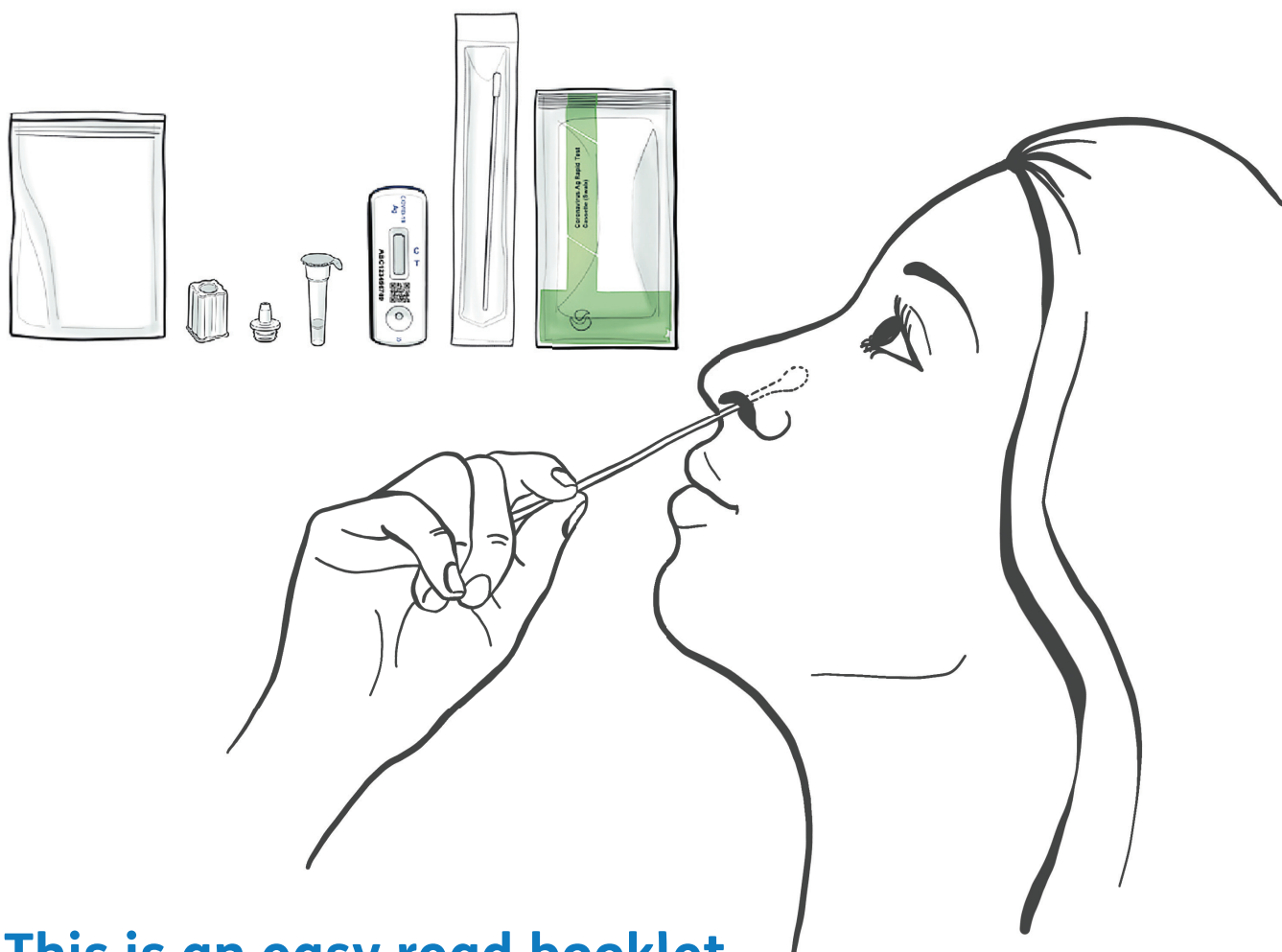**Orient Gene's Rapid COVID- 19 test**

How to test yourself for COVID- 19

Read this leaflet carefully before you start the test

This is an easy read booklet
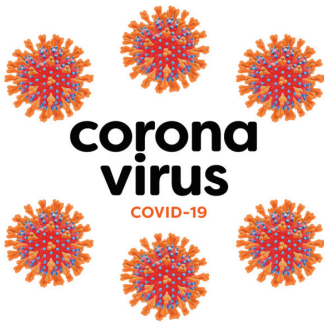
Contents

Testing for COVID- 19

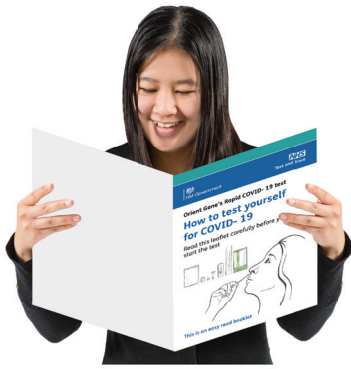Coronavirus is an illness that has spread around the world. Lots of people call it **COVID- 19**.

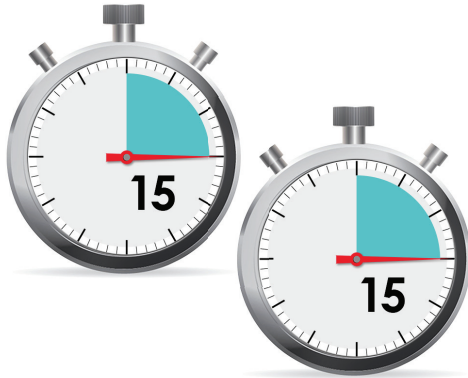Some people can feel very ill when they have COVID- 19. Other people might not feel ill at all.

This test will tell you if you have got COVID- 19 or not. You can do this test even if you don't feel ill.

You can do the test and check the results yourself.

It is important that you read all of this leaflet before you start.

It will take 15 minutes to do the test. Then you wait for 15 minutes to get your results.

You should tell the NHS what your test results are.

Your test kit

The things you need to do your test are called a **test kit**. They will come in a box. Your box will have 7 test kits in it.

x7

The box will have 1 test holder in it. Keep this and use it every time you do a test.

In your test kit you will find 7 of these things. You will need 1 of each thing to do your test:

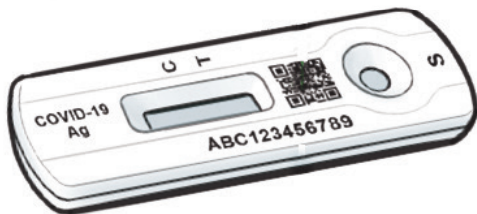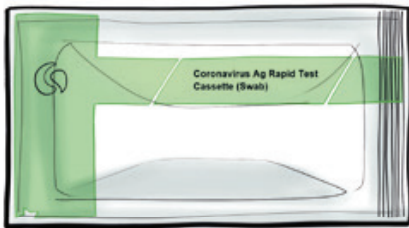- a swab in a packet. The swab is a stick with a cotton bud at 1 end

- a small see through bag. You can use this bag to put rubbish from your test in

- a plastic tube. It will have a small amount of liquid in it

- a nozzle cap. This is a lid for the plastic tube

- a plastic test cassette in a green and white packet. We will show you how to use this. You must check that the packet is not out of date

You should not use anything from your kit that is ripped, broken or missing.

If you need a new box of test kits **phone 119**.
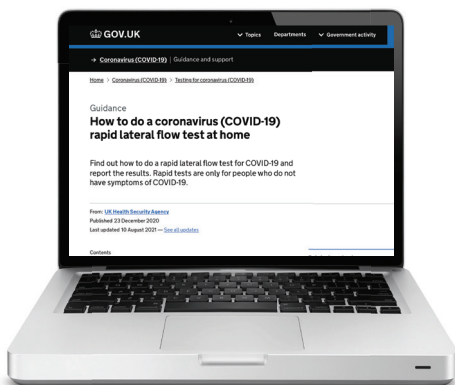
About the test

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

You will take the test from your nose using the swab. You will use the same swab for both of your nostrils.

If your nostril is pierced you must take your jewellery out before doing the test.

You can watch a video on how to do a swab test here:

gov.uk/guidance/covid-19-self-test-help

Getting ready to do your test

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

Blow your nose with a tissue. Then throw the tissue in a bin.
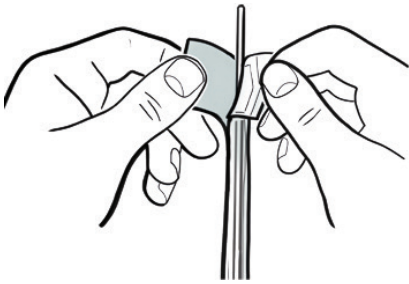
Wash your hands with soap and water.

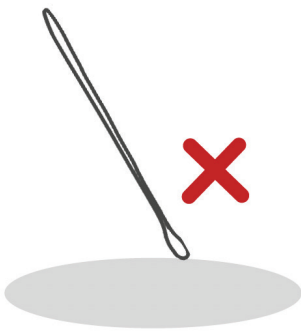Pull the lid off the plastic tube. Then put the tube in the tube holder.

The liquid in the tube is important for the test. Be careful not to spill or touch any of it.

Swabbing your nose

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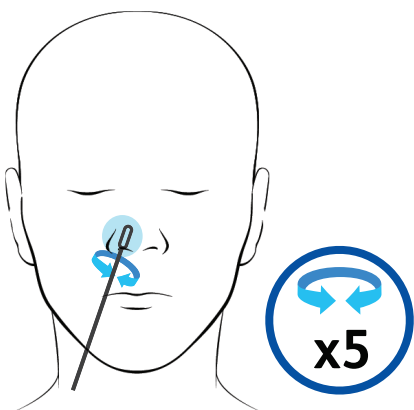

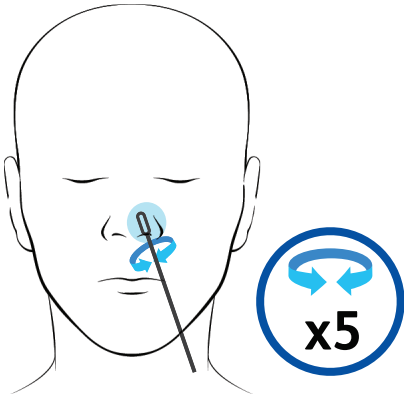Do not let the tip of the swab touch anything else or it could mix up your results.

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 round 5 times in your nostril. This may make your eyes water or you may sneeze. This is OK.

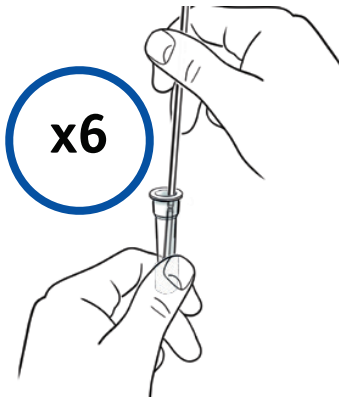Next put the same swab up your other nostril. Turn the swab round 5 times.

If your nose starts to bleed, you must stop doing the test.

After you have swabbed your nose

Put the swab into the plastic tube. The cotton bud should go in the liquid.

Make sure the liquid stays in the tube.

x6

Stir the liquid with the swab. Then press the swab against the side of the tube 6 times or more.
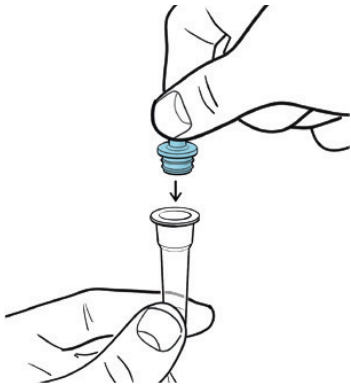
Leave the swab in the tube for 1 minute.

After 1 minute, press the swab against the inside of the tube 1 more time. Now you can take it out of the tube.

You do not need the swab again. Put it in the see through bag.

Push the nozzle cap onto the tube. Make sure it is on tightly so no liquid can spill out.
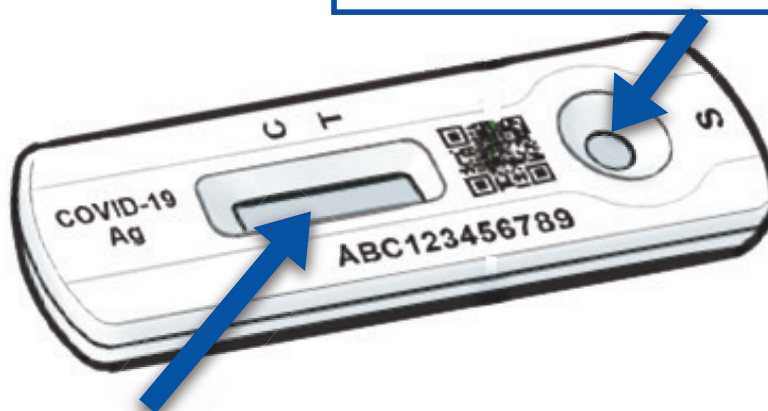
You can put the tube back into the holder to keep it still.
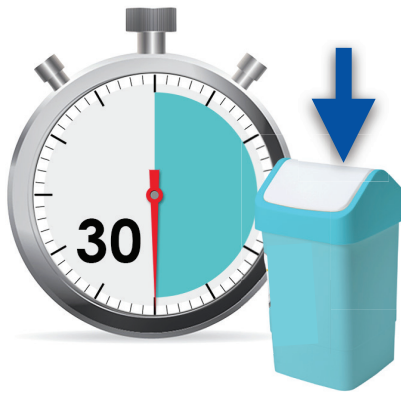
Using your test cassette

Open the test cassette packet and take out the test cassette. Your test cassette looks like this:
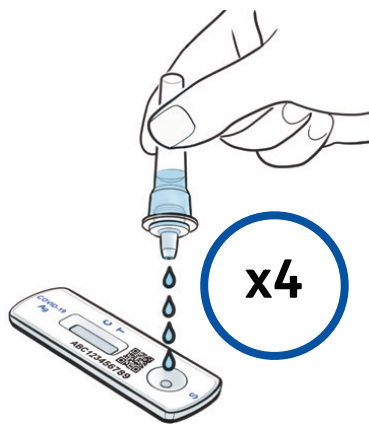
This part is for you to put your swab sample on. This is a small dip in the cassette. It has the letter S next to it.

COVID-19
Ag

ABC123456789

This part will tell you your results.
It has the letters C and T next to it.

You must use the test cassette straightaway. If you do not use it after 30 minutes you must throw it away.
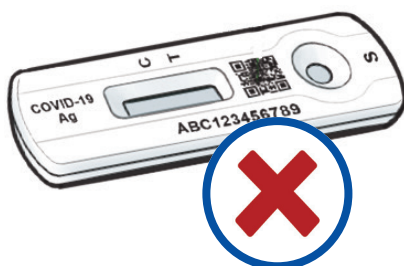
Make sure your test cassette is on a flat surface.

Slowly squeeze 4 drops of liquid from your plastic tube into the dip next to the letter S.

Set a timer and leave your test cassette for 15 minutes.

Important - do not move your test cassette while you wait for your results.
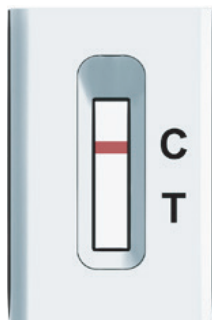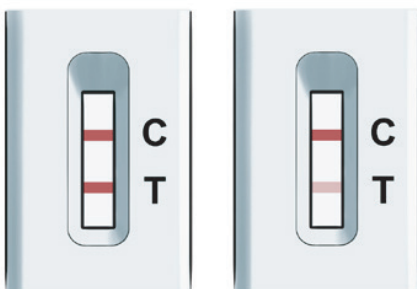
Getting your test results
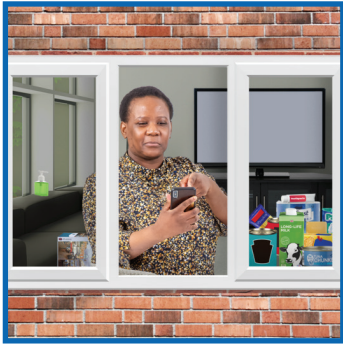
Look at your test cassette after 15 minutes.

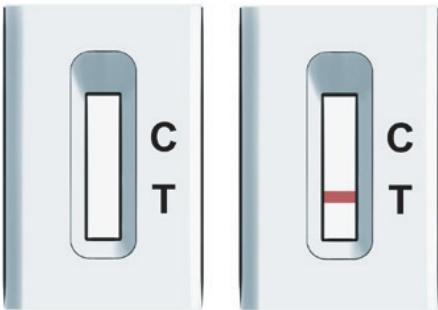Your test should show a line next to the letter C. This shows that your test is working.

If your test is just showing 1 line next to the letter C, you probably don't have COVID- 19.
We call this a **negative result**.

If your test shows 2 lines next to the letters C and T, you have COVID- 19.
We call this a **positive result**.

If you get a positive test you must self-isolate. This means you must not go out or meet with people you do not live with.

If you have no lines or just a line by the letter T, the test did not work.

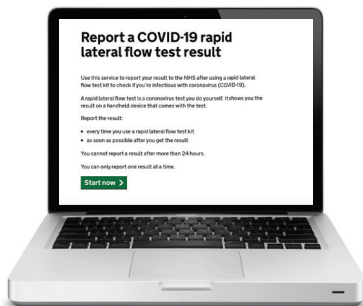You could try to do the test again. You must use a new test kit.
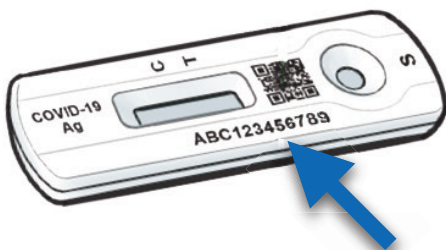
Telling the NHS about your results

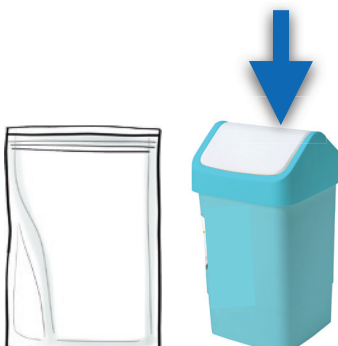You must tell the NHS the results of your test, even if it did not work. You can do this:

By phone:

119

Online:

gov.uk/report-covid19-result

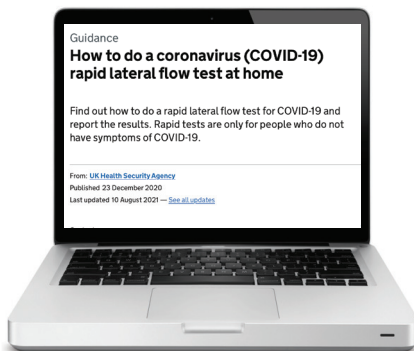The test cassette has a number on it. You need this number when you tell the NHS about your results.

That's it, well done. Any rubbish from your test kit can go in the plastic bag. Then put this in your bin.

More information

You can get help and advice with your test:

By phone:

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Online:

gov.uk/guidance/covid-19-self-test-help

For more information about COVID- 19 go to our website:

nhs.uk/conditions/coronavirus-COVID-19