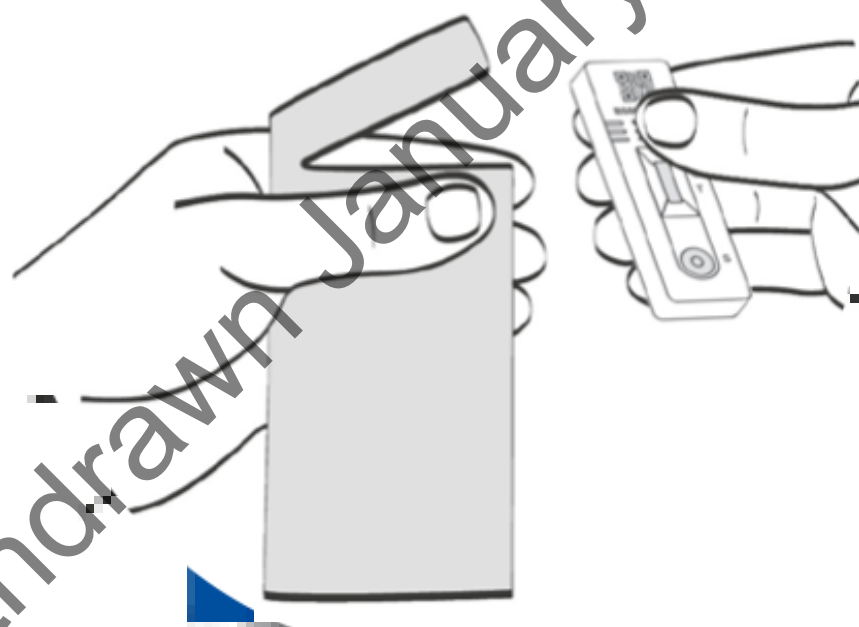


How to use the antigen COVID-19 self test card



Easy read information

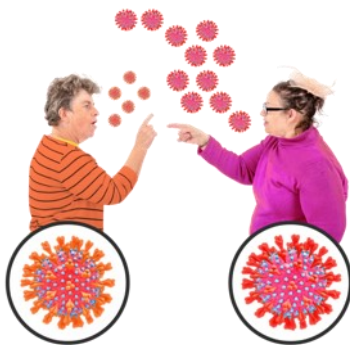
What is the rapid antigen test card

We are **NHS Test and Trace**. We run COVID-19 testing services.



About 1 in 3 people do not know they have COVID-19.

So we might need people to take a different test to see if you have COVID-19.



This test is called the **MP Biomedicals SARS-CoV-2 Antigen Rapid Test**.

This guide tells you

- ✓ How to take the test – for you or for another person
- ✓ How to report the result of the test to the NHS.



You need to follow each step in this leaflet to do the test properly.

We will tell you more about how to do this in the leaflet.

Please read this leaflet carefully before taking the test.



Advice about the test



You should

- Take out any jewellery in your nose
- Stop using the test if your nose starts to bleed
- Be aware there might be a small amount of latex in the test – be careful if you are allergic to latex
- Keep the kit away from children
- Use the swabs in the right way – you can follow this in the instructions
- Get help to do the test from someone else, if you need to.



Advice about the test



You should

- ✓ Keep the test in a cool place before you use it
- ✓ **Do not** put it in sunlight or in the freezer
- ✓ **Do not** use if the wrapping on the test is broken
- ✓ Do the test in normal room temperature. This is between 15 and 30 degrees.



Withdrawn January 2024

Information about the test

This test is for people who have COVID-19 symptoms and people who don't.



This test takes a swab sample from up your nose.

If you test **positive** after the test, you should



- ✓ Follow the government guidelines

[nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/)

- ✓ Tell people you have been close to that you are positive for COVID-19 and follow the guidelines.



If your test is **negative**, you probably haven't got COVID-19 when you took the test. But you might still get it and you should follow the guidelines.



How to get help



If you are worried, you can get advice for you and your children. Please follow

[nhs.uk/conditions/coronavirus-COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19).

If you or your children have COVID symptoms and they get worse, please get in touch with **NHS 111** online.



Or you can call 111 on the phone.

If you have an emergency call 999.

You can also get advice and help if you are worried about children.



You can still take this test if you are

- 14-17 years old – you can take the test on your own
- A child under 14 – an adult will do the test for you.

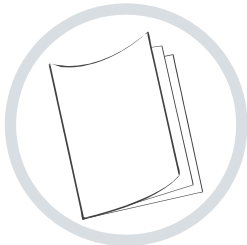


You can test more than once. This will depend on your situation.

Find out more at [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)

Getting ready to take the test

Before you take the test, you should find a clear space.



Remember not to eat, drink, smoke or vape 30 minutes before.

You will need a watch or clock to watch the time.



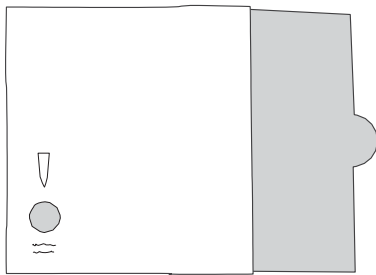
1. Read this leaflet carefully or you can watch the video at [gov.uk/guidance/covid-19-self-testhelp](https://www.gov.uk/guidance/covid-19-self-testhelp).

2. Clean the space you are using to take the test.



3. Wash or use hand sanitiser before you take the test - if you do more than one test, wash your hands again.

1. Check your testing kit



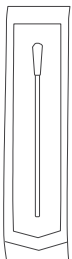
Your test pack should have these items

- ✓ Test card in a sealed pack
- ✓ Buffer bottle
- ✓ Extraction tube
- ✓ Tube stand
- ✓ Nose swab in a sealed pack.



If any part of your test kit is broken or damaged, do not use it.

Get in touch if you are hurt by your testing kit.



You can call our Customer Centre and tell them.

Call **119** between 7am and 11pm every day. The call is free.

We can give support in many different languages, including British Sign Language.

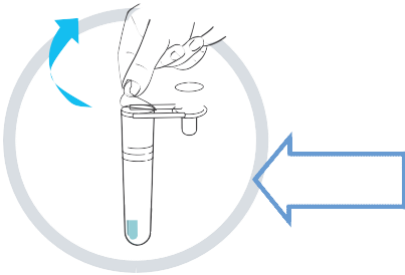


Report all your test results to the NHS.

2. How to use your test kit



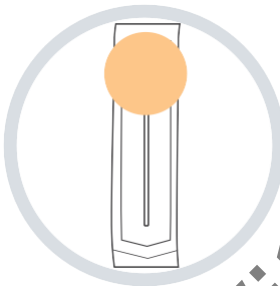
Take the test kit out of the bag and put it on the clean surface.



Keep the buffer tube away from your face. Unseal the top and put the tube in the holder.

Break off the seal and squeeze the liquid into the buffer tube. Put it back in the holder.

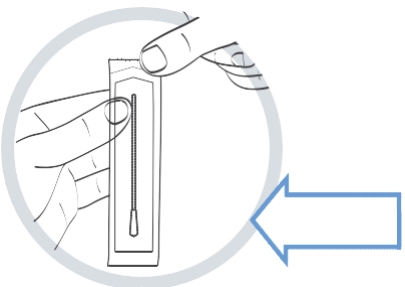
Wash your hands for at least 20 seconds.



Open the sealed swab carefully. Blow your nose if you need to before you take the test.

Don't touch the fluffy end as this will go up your nose.

Don't use the swab if your nose is bleeding.



Insert the fluffy end of the swab up your nose and move it around in a circle about 4 times.

Take the swab out and hold it carefully.

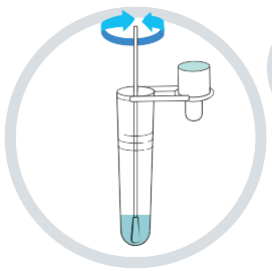
3. Take your swab sample



If you need to do the test on someone else then wash your hands very well before you start.

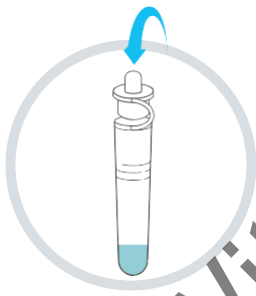
Follow the instructions in the same way and do the test.

Test the swab as soon as you can.



Place the tip of the swab in the buffer tube and move it around for 1 minute.

Squeeze the side of the tube at the same time as you move the swab around in circles.



Put the swab in the bin and seal the buffer tube.

Attach the dropper tip to the tube and mix by flicking the tube.

Put the test kit on a flat surface. Squeeze out 3 drops of liquid onto the test card.



Set your timer for 15 minutes. You should see a result very soon but you might have to wait up to 15 minutes.

Helping someone else to take the swab sample



If you need to do the test on someone else then wash your hands very well before you start.

Follow the instructions in the same way and do the test.



If you are doing the test for a child then show them the kit and talk to them about what will happen.

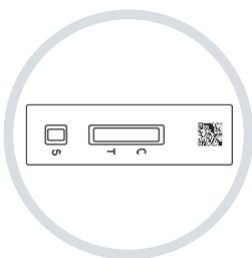
Insert the fluffy end of the swab up the person's nose and move it around in a circle about 4 times.



Take the swab out and test it as soon as you can in the same way.

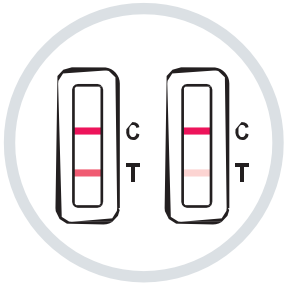
Wash your hands again.

Set your timer for 15 minutes. You should see a result very soon but you might have to wait up to 15 minutes.



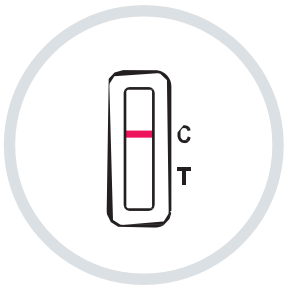
Don't leave the test to develop longer than 20 minutes.

4. Reading your test result



If your result is **positive**, you will see 2 lines on the test. A pink line next to C and a pink line next to T.

This means you have a positive COVID-19 result.



If your result is negative, you will see one line next to C.

If you have a void result, you will see a line next to T. This means the test is void and hasn't worked.



You need to tell the NHS your result. This helps scientists to find out more about COVID-19 and what the virus is doing.

You need to report the result no matter what the outcome is.



You will need the QR code or the ID number under the test to report the result.

4. Reading your test result



If you live in England, Wales or Northern Ireland visit:

gov.uk/report-covid19-result

If you live in Scotland visit:

covidtest.scot



Or you can give us your result by phone.

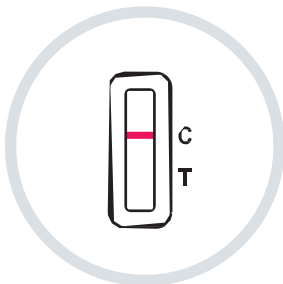
Please call 119. Lines are open every day from 7am to 11pm.

If you have a **positive result**, it means you have COVID-19 and you might infect other people.



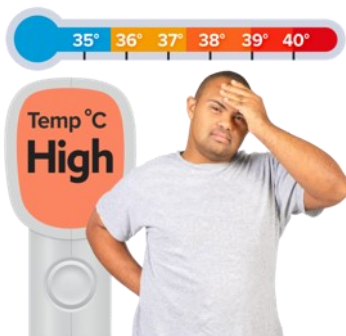
Tell everyone you live with or have been in contact with. You will need to stay at home until you feel better.

If you have a **negative result**, you don't have COVID-19 when you took the test.



But you might still get COVID-19, so wash your hands and follow the guidelines.

5. More about your test result



If you do get symptoms of COVID-19 then you will need to stay away from everyone.

If you have a void test, it means the test didn't work properly. You will need to do another test.

Make sure you throw the old test away and start again with a new test kit.

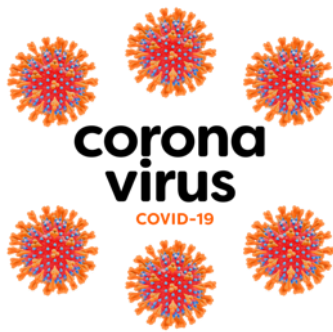
If you keep having void tests, stop using them and take a different test. You can get this by calling 119 or by going to this address

[gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

When you have finished your test, please put all the test parts in the bin and wash your hands.



5. More about your test result



There is more chance of the test being positive if you or the person you are testing has high levels of COVID-19.

Doing this kind of self-test can help to show who has COVID-19 so anyone who tests positive can isolate.



When you have finished your test, please put all the test parts in the bin and wash your hands.

Withdrawn January 2024

6. Write down your test result



It can help to write down your test results so you can keep a record.

You still need to tell the NHS your result.

Who took the test	Date	Time	Test result

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