NHS
Test and Trace

Your step-by-step guide to ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing)
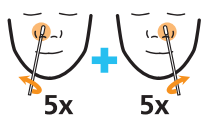
Warning	Do not mix and match components from other test kits

Read this whole guide carefully before you start.

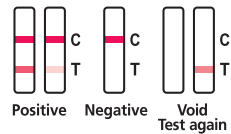This test may be different to other tests you have used before.

Nose only test
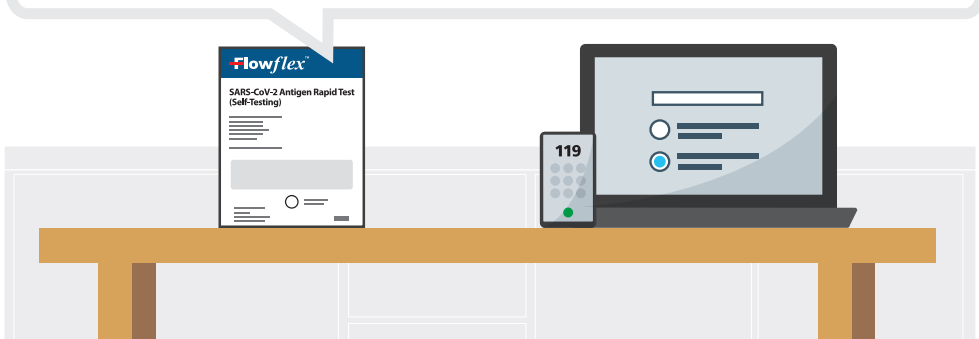

1. Swab both nostrils   5x   5x
2. Process sample   30 seconds   4x
3. Wait   15 minutes
4. Results — Positive / Negative / Void Test again   C T
5. Report — Report your test result to the NHS

Flow*flex*™
SARS-CoV-2 Antigen Rapid Test (Self-Testing)

119

These instructions relate to ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing), product code: L031-118Y5 only.

This guide explains how to test yourself or another person for COVID-19, and report the results to the NHS. Alternative language versions including Welsh and video demonstrations are on **gov.uk/covid19-self-test-help**

What you need to do

Your step-by-step guide

ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing) is a rapid test for the detection of COVID-19 where the users take their swab sample from their nose.

It is for self-testing and *in vitro* diagnostic use only.
Read through the instructions and follow the steps in the correct order.

Why you should self-test

This COVID-19 self-test kit is a swab test for the nose to check if you are infectious. It can tell you if you have the virus, even if you do not have symptoms. However you should follow national guidelines to check what type of test is right for you.

Inside this booklet

This instruction booklet only refers to ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing), L031-118Y5

Guidance and storage

Warning	Store your tests separately to make sure you do not get the components mixed up. Liquid from one test type will not work on another test.

- If you have a nose piercing, remove the piercing before swabbing.
- If you experience a nose bleed during swabbing, please stop swabbing. The swab cannot be used and you will need to start again.
- The product has not been made with natural rubber latex. However there is a possibility that traces could be introduced during transportation or handling processes.
- Do not eat, drink or smoke in the area where specimens or kits are handled.
- Do not use the test if any part is damaged.
- All used test materials should be safely disposed of in the household waste.
- Wash hands thoroughly before and after use.
- Avoid using samples that contain blood.
- Assistance with the swabbing and testing process may be required for those with hand and vision issues.
- Do not use nasal sprays for at least 30 minutes before collecting a nasal swab specimen.

Storage and handling

- Store the test kit away from children and animals.
- The test kit should be stored at temperatures between 2 - 30 °C. DO NOT FREEZE.
- Do not use the test after the use-by date printed on the sealed pouch.
- Test should be performed at temperature range 15 - 30 °C.

Safely dispose of your test kit.
Once your test is complete, put all of the used test kit contents in your general household waste. Wash your hands thoroughly after disposal.

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About this test

Who this test is suitable for

**Adults
aged 18 and over**
Self-test and report,
with assistance if
needed.

**Adolescents
aged 12 to 17**
Self-test and report with adult
supervision. The adult may
conduct the test, as necessary.

Children
Should be tested by an
adult. Do not conduct
this test if you do not feel
confident testing a child.

If you display new symptoms of COVID-19

Visit **nhs.uk/coronavirus** for the most up-to-date advice.

Arrange for the current recommended test:
visit **gov.uk/get-coronavirus-test** or call the customer contact centre
by dialling **119**. Lines are open from 7am to 11pm every day (free to call
from landlines and mobiles).

Do not delay getting help if you are worried. Trust your instincts.

Warning

111

If you're worried about your symptoms,
or if your symptoms get worse, contact a GP,
visit the NHS **111** online service at **111.nhs.uk** or
call **111** to speak to someone directly.

For a medical emergency, dial **999** immediately.

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Prepare your test area

You'll need;- a timer such as a watch, clock or mobile device, tissues, surface cleaner, hand sanitiser or soap and warm water.

1 Read this instruction guide carefully. Watch the swab test video online if you need more help: **gov.uk/covid19-self-test-help**

2 Immediately before starting the test, clean and dry a flat surface to place the test kit on.

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

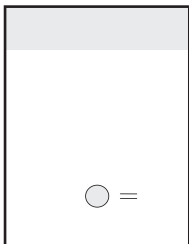If doing more than one test, clean the surface and rewash your hands between each test.

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Check your kit contents

In your test box you should have:

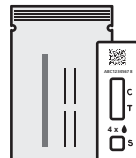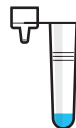| **1x**	**7x**	**7x**	**7x**	**7x**
Box with extraction buffer tube holder hole	Waste Bag	Disposable Swab inside sealed wrapper	Test Cassette in sealed pack	Extraction Buffer Tube

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Advice

Give feedback about your test kit or report harm

If any part of your test kit is damaged or missing, do not use that test kit. You can still use the other test kits in the pack.

If you've been harmed or had a reaction using this test kit, please report it. To give feedback about your test kit, or report that you've been harmed go to: **gov.uk/covid-19-test-feedback**

Or call **119** (free from mobiles and landlines).
Lines are open every day, 7am to 11pm.
119 provides support in 200 languages as well as British Sign Language.

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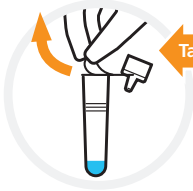# Set up your test

Important	Check the use-by date (⧖) printed on the sealed pack. Do not use the test device after its use-by date.

4 Take the test cassette out of the sealed pack and place it onto a clean flat surface.

| **Warning**	Once opened, start the test within 30 minutes.

5 Keeping the extraction buffer tube away from your face, carefully peel off the sealing film on the tube to avoid spilling any fluid.

| **Warning**	If the liquid in the extraction buffer tube gets onto the skin or into eyes, wash immediately and seek medical help if necessary.

6 Insert the extraction buffer tube into the extraction buffer tube holder to avoid spilling the buffer.
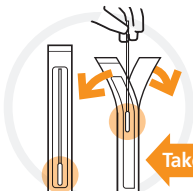
7 Find the disposable swab inside sealed wrapper and identify the soft, fabric tip.

Peel open the swab packaging only when you are ready to use. Gently take out the swab.
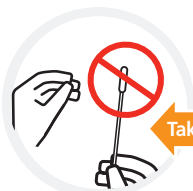
8 Do not touch the fabric tip.

Warning	Never touch the soft, fabric tip of the swab or you will need to start again with a fresh swab.

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Doing a test on someone else

## If testing children under 12

Children under 12 should be tested by an adult. Follow the guidelines on how to prepare and test a child or a person who requires assistance. You can watch a demonstration video at: **gov.uk/covid19-self-test-help**

If you're testing a child, show them the test kit and talk to them about what you are going to do. If possible, sit them on someone's lap or have someone hold their hand. Ask the child to blow their nose into a tissue. Place the tissue in a bin, then wash your hands thoroughly for **20 seconds**, using soap and warm water or hand sanitiser.

9 Put the fabric tip of the swab gently into one of their nostrils until you feel some resistance.
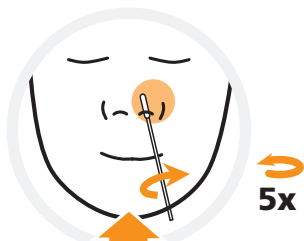
10 Rotate the swab 5 times brushing against the inside of the nostril.

5x

Swab both nostrils
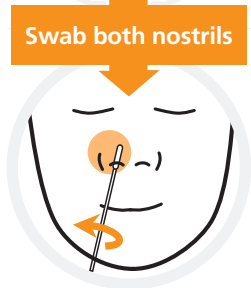
11 Remove the swab and insert the same swab into the other nostril. Repeat step 9 and step 10.

5x

This instruction booklet only refers to ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing), L031-118Y5
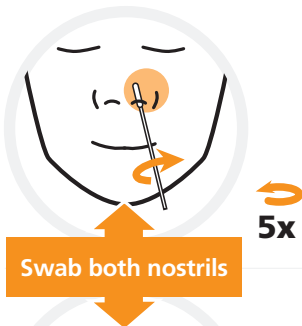
Take your swab sample

Advice	For best performance, place the disposable swab in the extraction buffer tube as soon as possible after swabbing the nostrils.

Blow your nose into a tissue. Place the tissue in a bin, then wash your hands throughly for **20 seconds,** using soap and warm water or hand sanitiser.

12 Insert the entire fabric tip of the swab into one nostril. Using gentle rotation, push the swab less than 2.5 cm from the edge of the nostril.

This may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain.

< 2.5 cm

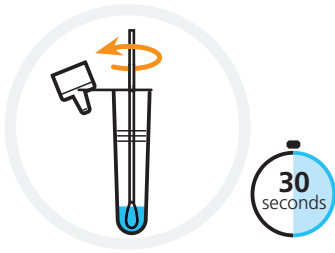**13** Rotate the swab 5 times brushing against the inside of the nostril.

5x

Swab both nostrils

14 Remove the swab and insert the same swab into the other nostril. Repeat step 12 and step 13.

5x

This instruction booklet only refers to ACON Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing), L031-118Y5
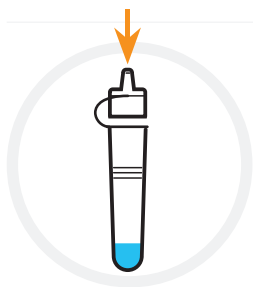
Process the swab sample

15 Pick up the extraction buffer tube and place the fabric tip of the swab into the tube so it is in the liquid. Press the tip against the edge of the extraction buffer tube with force, while rotating it around the tube for 30 seconds.
For best performance, place the swab in extraction buffer tube as soon as possible after swabbing the nostrils.

30 seconds
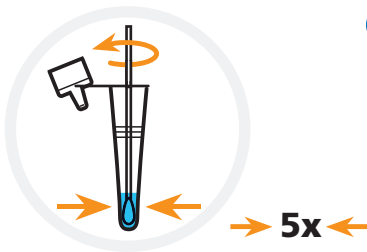
**16** Rotate the swab 5 times while squeezing the side of the tube.
This is to transfer your sample into the liquid.

5x
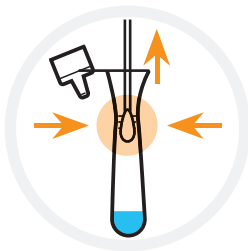
17 Pinch the extraction buffer tube against the swab as you remove it. Make sure you remove all liquid from the soft tip of the swab.
Place the swab in the waste bag provided.

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18 Attach the dropper tip firmly onto the extraction buffer tube. Mix thoroughly by swirling or flicking the bottom of the tube.
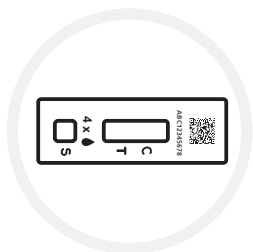
19 Ensure the test kit is on a clean and flat surface. Do not move the cassette during the test.
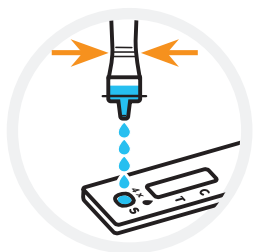
20 Gently squeeze the extraction buffer tube to place 4 drops of the liquid into the specimen well (S) on the test cassette.
Make sure that you are dropping liquid and not an air bubble.
Put the extraction buffer tube in the waste bag.

Only

4 x
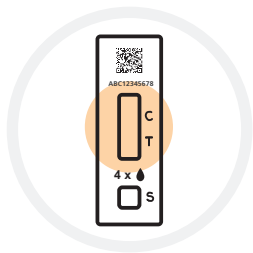
21 Check the time and set a timer. Wait 15 minutes before you read your result.
Read the result when the timer reaches 15-30 minutes. Do not read after 30 minutes.

15-30
minutes

Read your results

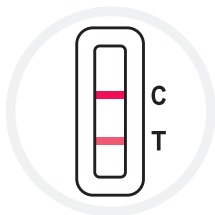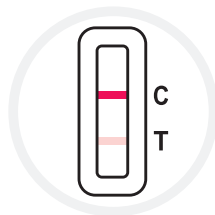## ⊕ If you test positive

Two lines appear.
One coloured line should be in the control line region (**C**), and another coloured line should be in the test line region (**T**).

Two lines, one next to **C** and one next to **T**, even faint lines, show the test is positive.

If you get a positive result, you could be highly infectious.

What to do next:
- Follow advice on staying at home and avoiding contact with other people **nhs.uk/stay-at-home**

- Report your result (see page 14 and follow the instructions). The results reporting service will give you the most up-to-date guidance on what to do next.

- If you can, tell people who you have been in close contact with about your positive test result.
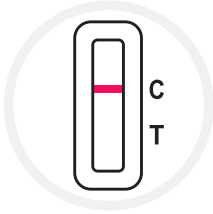
What others in your household need to do:
- People you live with should follow advice on to how to avoid catching and spreading COVID-19 on: **nhs.uk/stay-at-home**

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⊖ If you test negative

One coloured line appears in the control line region (**C**). No line appears in the test line region (**T**). If you get a negative result, it is likely you were not infectious at the time the test was taken.

A negative test result, however, is not a guarantee that you do not have COVID-19. You and your household should follow advice on how to avoid catching and spreading COVID-19 **nhs.uk/how-to-avoid-covid**

🚫 Void result
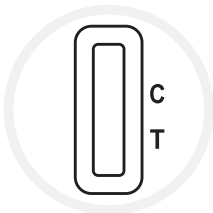
Reporting negative and void results helps the NHS know how many tests have been used, and if there are any problems with the tests.

Control line (**C**) fails to appear, or just one red bar (**T**) appears, means the test is void.

If you get a void result, this means it's not possible to say if you had the virus when the test was done. To check if you have coronavirus, take another test as soon as possible.

Do not reuse anything from the first test, and start the test procedure from step 1.

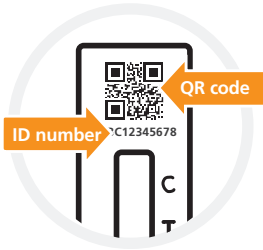**If the problem persists,** stop using the test kits immediately. If you do not have another test available, you may take a different test by:

- visiting **gov.uk/get-coronavirus-test**

- calling the customer contact centre on **119**. Lines are open every day, 7am to 11pm.

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Report your result

You should report your positive, negative or void result

Recording all test results helps scientists spot new virus outbreaks and advise how to respond.

If people only report a positive result, case levels look higher than they really are.

So even if your result is **negative** or **void**, you'll make sure NHS information stays accurate.

You need the **QR code** or the **ID number** to report your result.

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Report all your test results to the NHS.

How to report your result

Report online (fastest)

If you live in England, Wales or Northern Ireland visit: **gov.uk/report-covid19-result**

If you live in **Scotland** visit: **covidtest.scot**

Report by telephone

119

Call **119**

Lines are open every day, 7am to 11pm, (free from mobiles and landlines)

Symbols used

	Manufacturer		Contains sufficient for <*n*> tests	30°C 2°C	Temperature limit
IVD	*In vitro* diagnostic medical device		Use-by date		Do not reuse
	Consult instructions for use	LOT	Lot number	REF	Catalogue number
EC REP	Authorized representative in the European Community		Date of manufacture		Keep dry
	Do not use if package is damaged		Do not resterilize		Keep away from sunlight
STERILE EO	Sterilized using ethylene oxide		Recyclable		Warning, please refer to the instruction

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You have only completed your test, when you have reported your result

Report your test result

Supply of this device is only permitted as part of the UKHSA deployment under the NHS Test and Trace programme.

Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing)	**Disposable Swabs**

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Email: COVID19selftest@aconlab.com.cn

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EC REP
Llins Service & Consulting GmbH
Obere Seegasse 34/2, 69124 Heidelberg, Germany
CE 0197

OR

Jiangsu HanHeng Medical Technology Co., Ltd.
16-B4, #1 North Qingyang Road, Tianning District, Changzhou, 213017 Jiangsu P.R. China

EC REP
Luxus Lebenswelt GmbH
Kochstr.1, 47877, Willich, Germany
CE 0197

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All of the information and images in this document are correct as of *ACON* Biotech (Hangzhou) Co., Ltd. Flow*flex*™ SARS-CoV-2 Antigen Rapid Test (Self-Testing), Product Code: L031-118Y5.

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