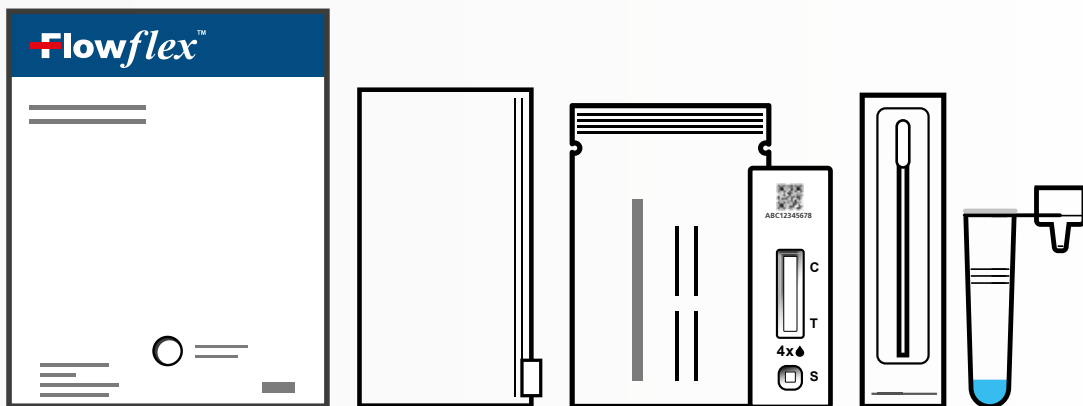




Your step-by-step guide to Acon Flowflex COVID-19 Self Test

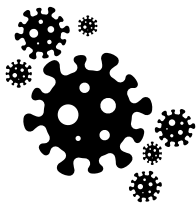


It is important that you read all
of this leaflet before you start.

Using this guide

Testing for COVID-19	3
What is in your test kit	5
About the test	6
Getting ready to do your test	7
Test a child or someone else	9
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Testing for COVID-19



COVID-19 is a new illness that has spread around the world.



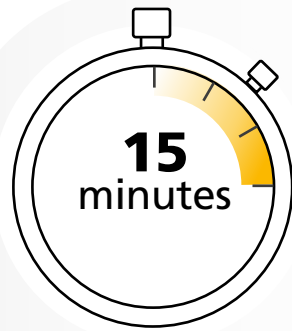
Some people can feel very ill when they have COVID-19.

Other people might not feel ill at all.

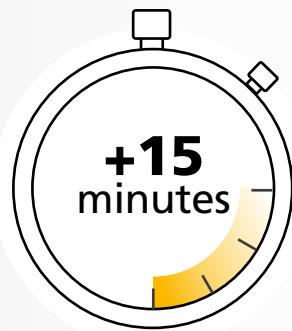


You can do this test even if you do not feel ill.

You can do the test and check the results yourself.



It will take about 15 minutes to do the test.



Then you wait for 15 minutes to get your results.



Warning

Do not read results after 30 minutes.

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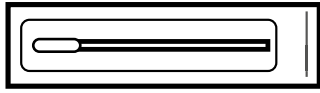
You should tell the NHS what your test results are.

Important

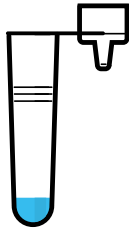
Only use one test kit at a time.

What is in your test kit

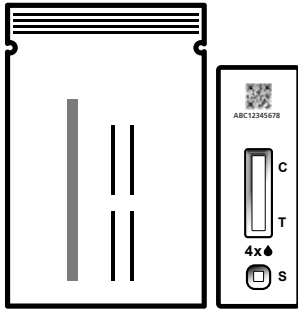
The test kit has everything you need to do your test. Your box has 7 test kits in it. Every test kit has:



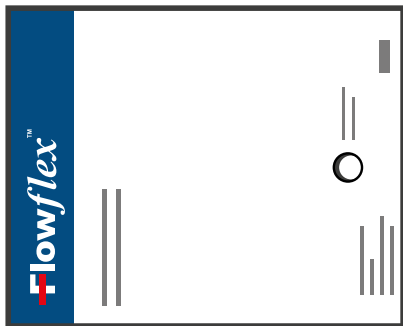
- 1 A swab in a packet. The swab is a stick with a bud at 1 end.



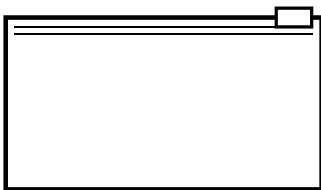
- 2 A plastic tube. It will have some liquid at the bottom.



- 3 A plastic test cassette in a packet



- 4 A box with a small round hole. This is to hold the plastic tube while you do your test.



- 5 A small bag. You can use this bag to put rubbish from your test in.



Do not use a test if anything is ripped, broken or missing. Use another test.

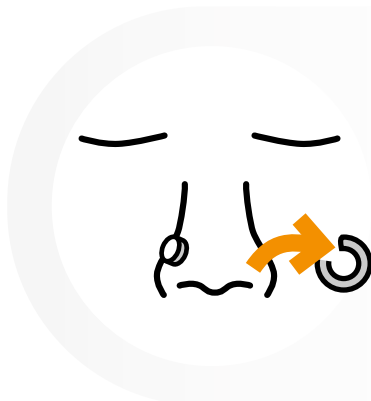
About the test

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



You will take the sample 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.



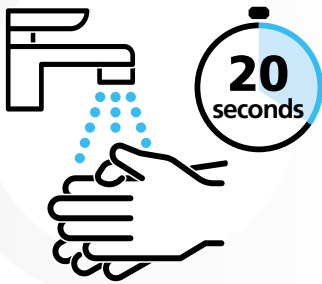
You can watch a video on how to do a swab test:

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

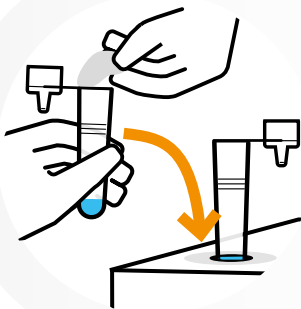
Getting ready to do your test



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



Now wash your hands with
soap and water or use
hand sanitiser.



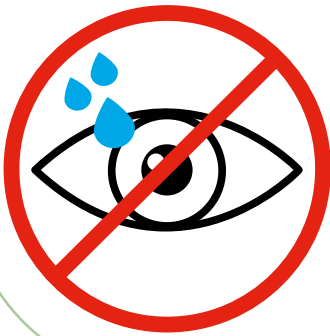
Pull the lid off the plastic tube.
Then put the plastic tube in
the tube holder.



Warning

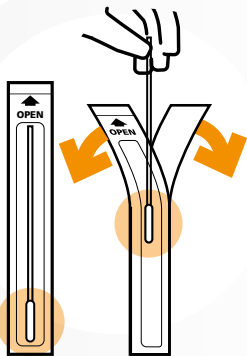
Make sure the liquid does not touch your skin.

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



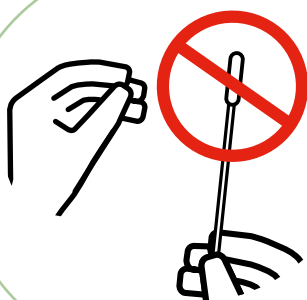
If the liquid gets on your skin or in your eyes, wash with lots of water.

See a doctor if your skin or eyes keep hurting.



Open the swab packet and gently take out the swab.

Hold the swab at the stick end.



Warning

Do not touch the soft, fabric tip of the swab.

Test a child or someone else

Children under 12 should be tested by an adult.

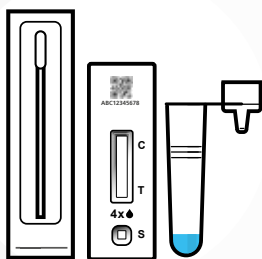


Warning

Do not do the test if you're not sure what you're doing.

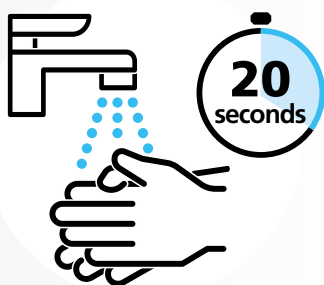


You can watch a demonstration video at: [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)



Show the child the test kit.
Tell them what you're going to do.

It's helpful if the child sits on someone's lap.



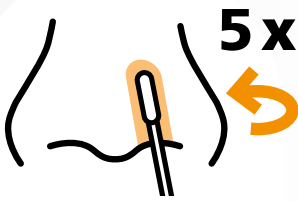
Wash your hands with soap and water or use hand sanitiser.

Doing a test on someone else

Children under 12 should be tested by an adult.



Place the fabric tip of the swab just inside one nostril of the child or person you are testing until you feel some resistance.



Gently rotate the swab around the inside of their nostril in a circular motion 5 times.

Swab both nostrils



Now put the same swab up the other nostril put the swab up your other nostril less than 2.5cm from the edge of the nostril.

Gently rotate the swab around the inside of their other nostril in a circular motion 5 times.



Warning

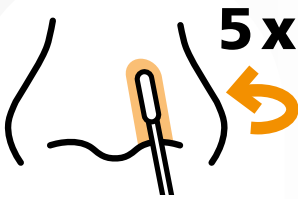
Stop the test if the child is hurting.

Swabbing your nose



Test yourself

Put the swab into your nostril and push it gently upwards less than 2.5cm from the edge of the nostril. Do not insert any deeper if you feel strong resistance or pain.



Gently rotate the swab round 5 times in your nostril.

This may make your eyes water or you may sneeze. This is OK.

Swab both nostrils



Now put the same swab up your other nostril in the same way.

Gently rotate the swab around the inside of your other nostril in a circular motion 5 times.

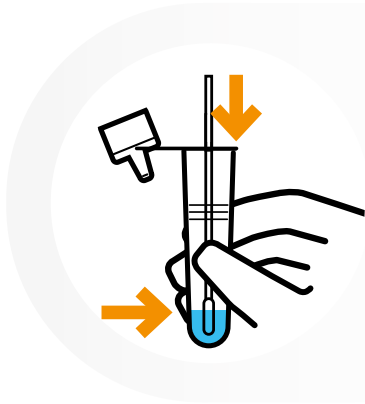


Warning

Do not swab your nostril if you have a nosebleed.

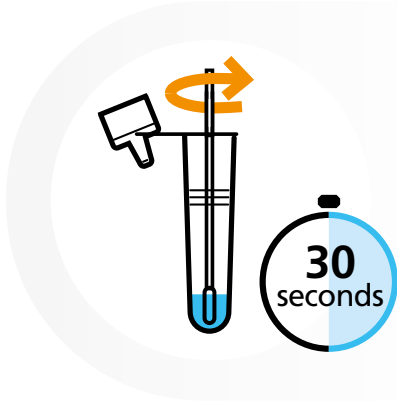
Wait until your nose stops bleeding. Start again using a new test kit.

After swabbing your nose



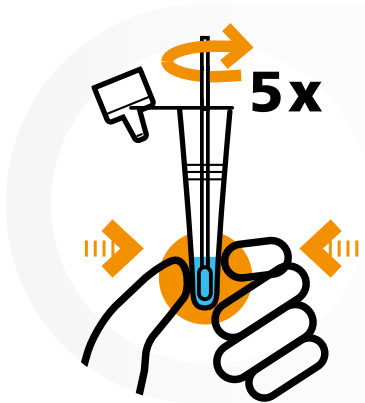
Put the swab into the plastic tube.
The bud should go in the liquid.

Make sure the liquid stays in
the tube.

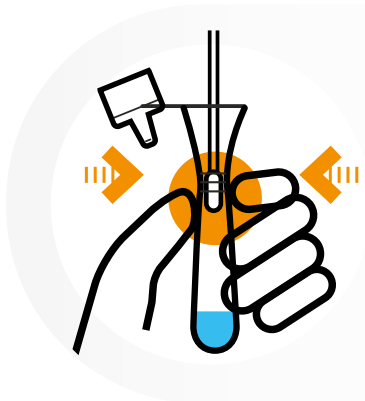


Stir the liquid with the swab for 30
seconds.

For best performance, put the
swab in the plastic tube as soon as
possible after swabbing the nostrils.

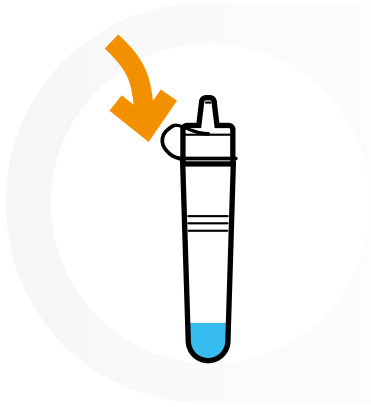


Rotate the swab 5 times while
squeezing the bottom of the
plastic tube.

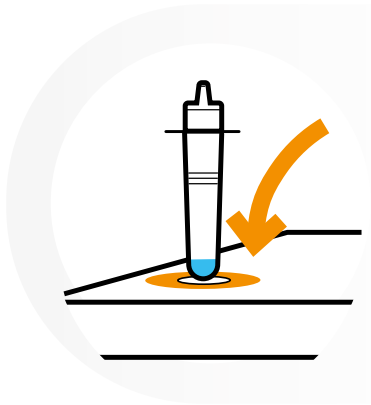


When you are taking the swab out,
pinch the plastic tube to squeeze
the rest of the liquid out.

Put the swab in the plastic bag.



Push the dropper tip onto the plastic tube. Make sure it is on tightly so no liquid can spill.



Put the tube back into the holder to keep it still.

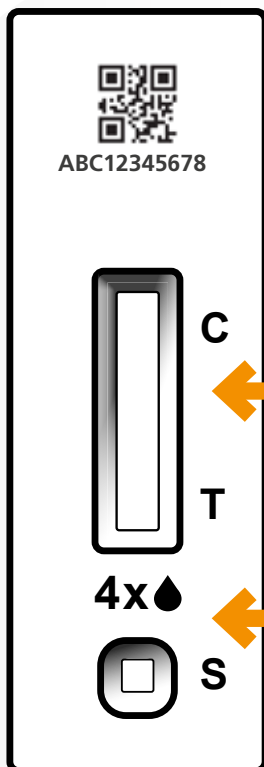
Using your test cassette



Open the test cassette packet and take out the test cassette.

Important

Once opened, start the test within 30 minutes.



Your test cassette looks like this:

This part will tell you your results.

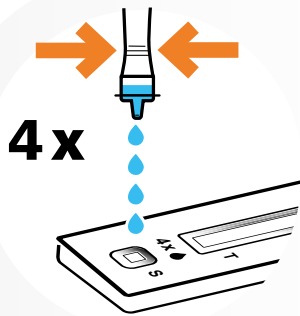
It has the letters C and T next to it.

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.



Important

Place the cassette on a flat and level surface. Do not move the test cassette during the test.

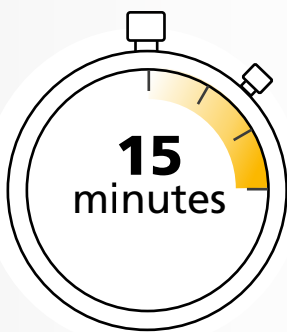


Make sure your test cassette is on a clean and flat surface.

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

Make sure there is no air bubble.

Put the plastic tube in the bag provided.



Set the timer and leave your test cassette for 15 minutes before you read the result.

You can read the result between 15 to 30 minutes but do not read after 30 minutes.

Getting your test results



Look at your test cassette after 15 minutes.



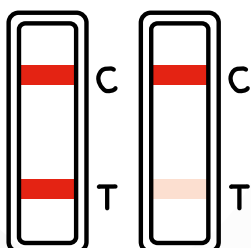
Warning

Do not read results after 30 minutes.

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



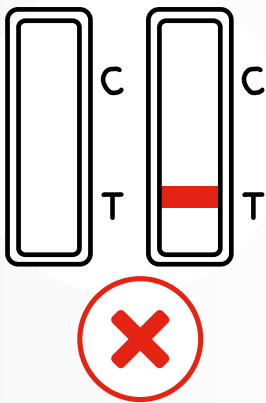
If your test is just showing 1 line next to the letter C, you probably do not have COVID-19. We call this a negative result.



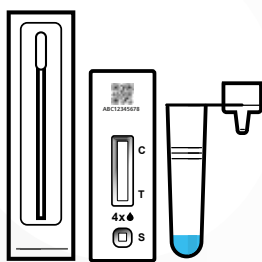
If your test shows 2 lines next to the letters C and T, you probably have COVID-19. We call this a positive result.



If you test positive you should:
Follow advice on staying at home
and avoiding contact with other
people: [nhs.uk/stay-at-home](https://www.nhs.uk/stay-at-home)



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



If this happens you should
do the test again.
You must use a new test kit.

Telling the NHS about your results

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



Online: [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)

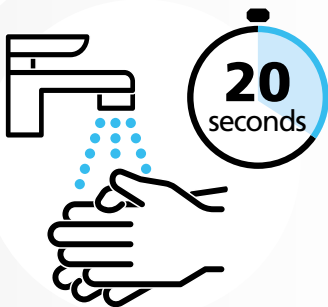
OR

By phone: **119**



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

That's it, well done.

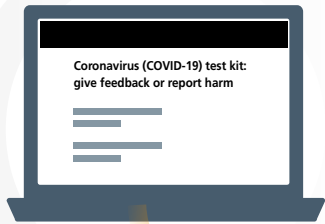


Any rubbish from your test kit can go in the plastic bag. Then put this in your bin.

Wash your hands with soap and water or use hand sanitiser.

Get more help

You can get help and advice with your test:



For more information about COVID-19 go to:

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

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








By phone: **119**

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

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](https://www.gov.uk/covid19-self-test-help)

Symbols used

 Manufacturer	 Contains sufficient for <n> tests	 Temperature limit
 In vitro diagnostic medical device	 Use-by date	 Do not reuse
 Consult instructions for use	 Lot number	 Catalogue number
 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
 Sterilized using ethylene oxide	 Recyclable	 Warning, please refer to the instruction

Flowflex™ SARS-CoV-2 Antigen Rapid Test (Self-Testing)

 **ACON Biotech (Hangzhou) Co., Ltd.**
 No.210 Zhenzhong Road, West Lake District, Hangzhou, P.R. China, 310030
 Website: www.aconbio.com
 Email: COVID19selftest@aconlab.com.cn

 MedNet EC-REP GmbH 
 Borkstrasse 10
 48163 Muenster, Germany



Disposable Swabs

 **Jiangsu Changfeng Medical Industry Co., Ltd.**
 Touqiao Town, Guangling District, Yangzhou 225109, Jiangsu, P.R. China

 Liins Service & Consulting GmbH 
 Obere Seegasse 34/2, 69124 Heidelberg, Germany

OR

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

 Luxus Lebenswelt GmbH 
 Kochstr.1, 47877, Willich, Germany

Version 1151414701 Effective date 2022-03-22

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

All information and images within are correct as of 2022-03-25.

TC2671 CO-CO-2022-0101 EASY READ