

Step-by-step guide for self-swab tests

Let's recap the eight steps your test subjects will go through during the self-swab process:

1. **Sanitise hands**
2. **Locate tonsils** or tonsil area using a mirror and torch or phone
3. **Blow nose** into a tissue, put the used tissue in the healthcare waste bin
4. **Sanitise hands**
5. **Check swab** packet is sealed
6. **Remove swab** holding the handle. Avoid touching the fabric tip as this will make the test invalid
7. **Open mouth** and rub the swab on each tonsil or tonsil area at least four times
8. **Insert the same swab** into the nostril until there is slight resistance up to 2.5cm (1 inch) from the edge of the nostril. Roll the swab firmly around the inside of the nostril, making 10 complete circles along the mucosa to ensure that both mucus and cells are collected

The swabbing may feel uncomfortable. The subject should not insert the swab any deeper if they feel a strong resistance or pain.

