1. Prepare to take throat sample

Please wash your hands carefully before you start. Then unpack the kit onto a clean surface.

A. First take the throat swab. Open the swab packet which contains the small bottle and pull out the swab:

B. Wipe the soft tip of the swab around the back of your throat as shown in the diagram. Stand in front of a mirror. Open your mouth wide and stick out your tongue – you will see an arch at the back of your mouth. Try to swipe the soft tip of the swab across the five areas in the picture as below.

Rub the swab several times across the very back of your throat, behind the arch. This may make you gag but should not be painful.

Ensure you also swab the sides of the arch where your tonsils protrude.

Try to avoid swabbing your tongue and teeth.

2. Next, take the nose sample

A. Place the tip of the cotton bud gently JUST inside one of your nostrils and gently wipe the cotton bud around the inside of your nose. Please repeat this for your other nostril using the same swab.

No force is needed and you do not have to push far into your nostril.

B. Once you have taken the swab, place the soft tip of the swab into the collection tube and break off the plastic end (at the breaking off point where the swab stick is thinner). Replace the lid on the bottle.

Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.