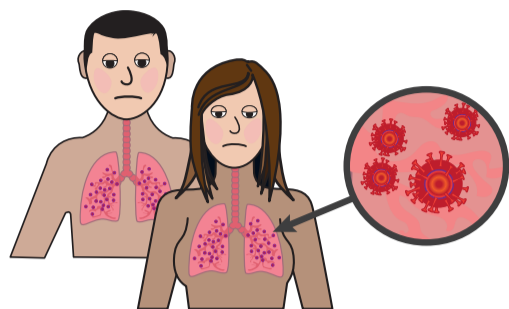


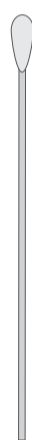
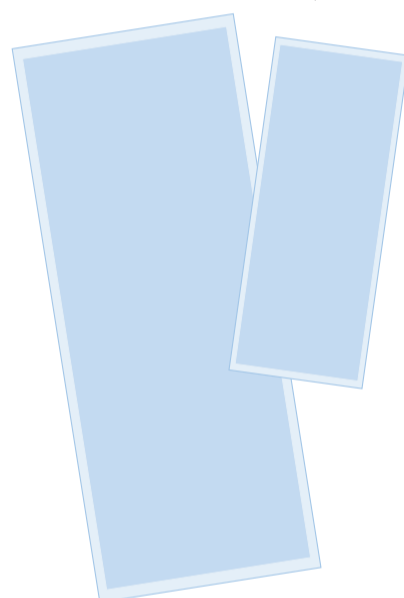
Coronavirus Home Test Kit



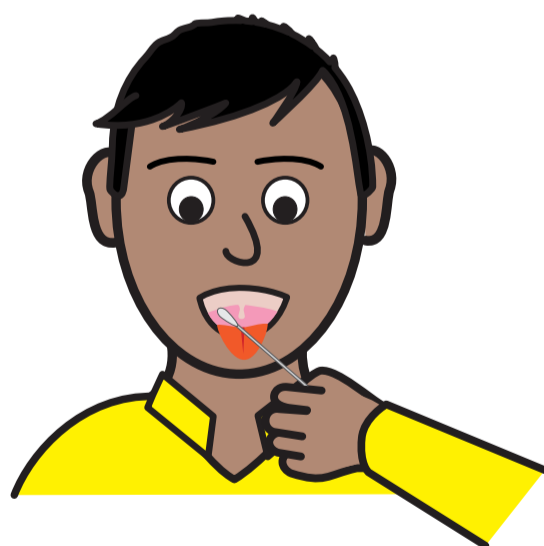
If you or someone you live with becomes poorly you might need to do a Coronavirus test at home.



Wash your hands for **20 seconds** before you begin.

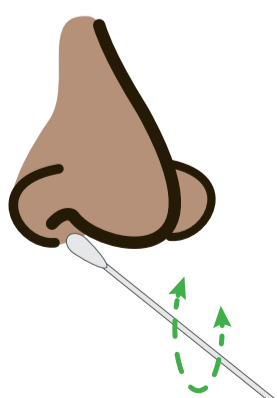


The home testing kit has
a cotton bud that is called a swab.
a small tube.
a small plastic envelope.
a large plastic envelope.



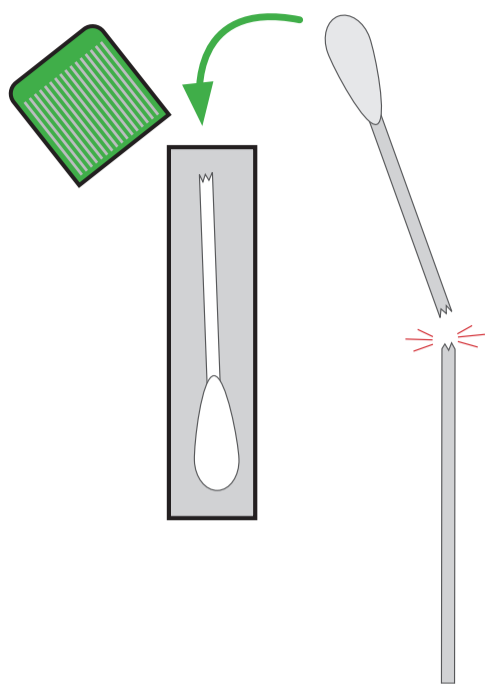
Look in a mirror, open your **mouth**, and stick out your **tongue**.

Wipe the soft tip of the swab around the **back of your throat** for **10 seconds**.



Put the **swab** inside of your **nostril** and gently wipe around the inside of your **nose**.

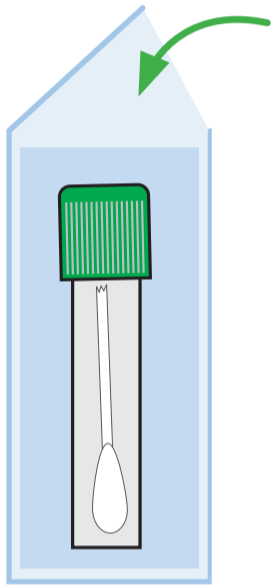
Do this again in the other **nostril**.



Step 1.

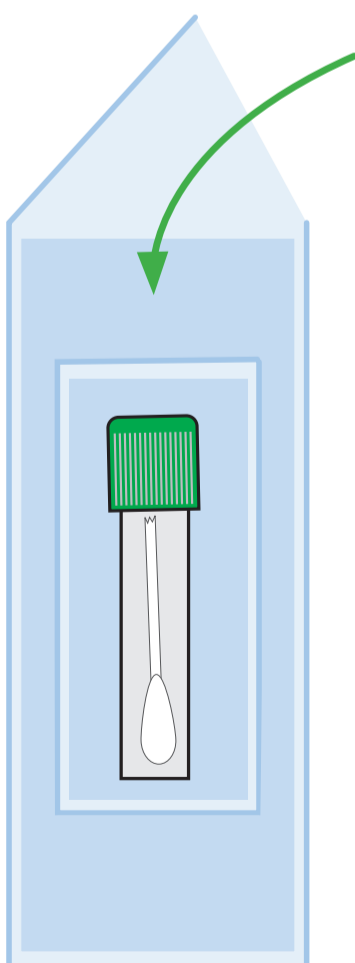
Put the soft **end of the swab** into the **small tube**.

Break the **plastic end off** so that the swab part stays in the **small tube** and throw the stick away.



Step 2.

Put the lid on the small tube and put it into the **small plastic envelope** and seal.



Step 3.

Put the **small plastic envelope** in the **large plastic envelope** and seal.

Hand the plastic envelope back.



Wash your hands again.



If you feel you are **getting worse** or if you are worried about your health contact **NHS 111** urgently.

Coronavirus Test registration card

Stick barcode here

Important

If you do not use your barcode to register within **24 hours** of receiving it, you will not receive your test results.

Please keep this card as a record of your test.

Go to **[gov.uk/register-your-test](https://www.gov.uk/register-your-test)** to register and complete the form online.

If you need help, ask someone you live with to help you or speak with the worker who has delivered your test kit