HM Government

Take swab sample

Step-by-step guide

Need help?

If you have any questions or problems with this test kit, please alert a member of staff.

1

Remove your face covering.

Look inside your mouth, and find your tonsils at the back of the throat.
You can use the mirror to help.

Your tonsils or where they would have been (if they are removed) are where you will swab your sample.

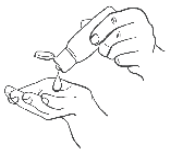
2

Gently blow your nose and cough into a tissue

Throw the used tissue into the clinical waste bin provided.

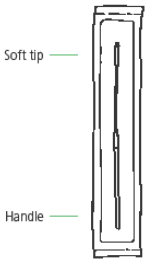
This is so that you get rid of excess mucus.

3



Use hand sanitiser to clean your hands.
This is so that you do not contaminate the test kit.

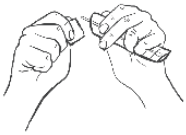
4



Check if there is a swab in a sealed pack in front of you.

Identify the soft, fabric tip of the swab.

5



Open the package and gently take out the swab.
This will be used for both throat and nose.

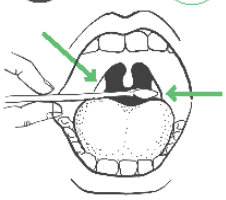
Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab.

The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

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

If there is blood or vomit on the swab sample, please alert a member of staff.

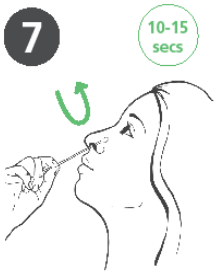
6



Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been) at the back of the throat with good contact **at least 3 times** (use a mirror to help you do this).

Carefully remove the swab stick from the back of your throat.

7



Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose).

Roll the **swab 5 times** along the the inside of the nostril.

After collecting the sample hold the swab up right in your hand, do not put it down and notify one of the Testing Assistants.

Be careful not to touch any surfaces with the swab.

You are ready to hand in your test kit sample.

Please notify a member of staff.

Use hand sanitiser after handing your sample in.

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