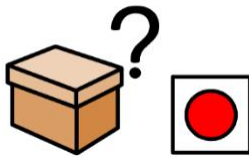




How to Take my Covid-19 Test at Home

This booklet will help you to take your COVID-19 test at home.

There are 3 sections to this booklet.



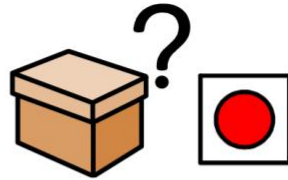
1.) What is in the COVID-19 test box?



2.) How to take your COVID-19 test



3.) How to report your result



What is in the COVID-19 test box?

7 x Test Strips
in sealed packets



7 x Extraction
Tubes



7 x Extraction
Buffer Sachets



7x Waste
Bags



Qualification
Qualification
Certificate
(You don't need this)

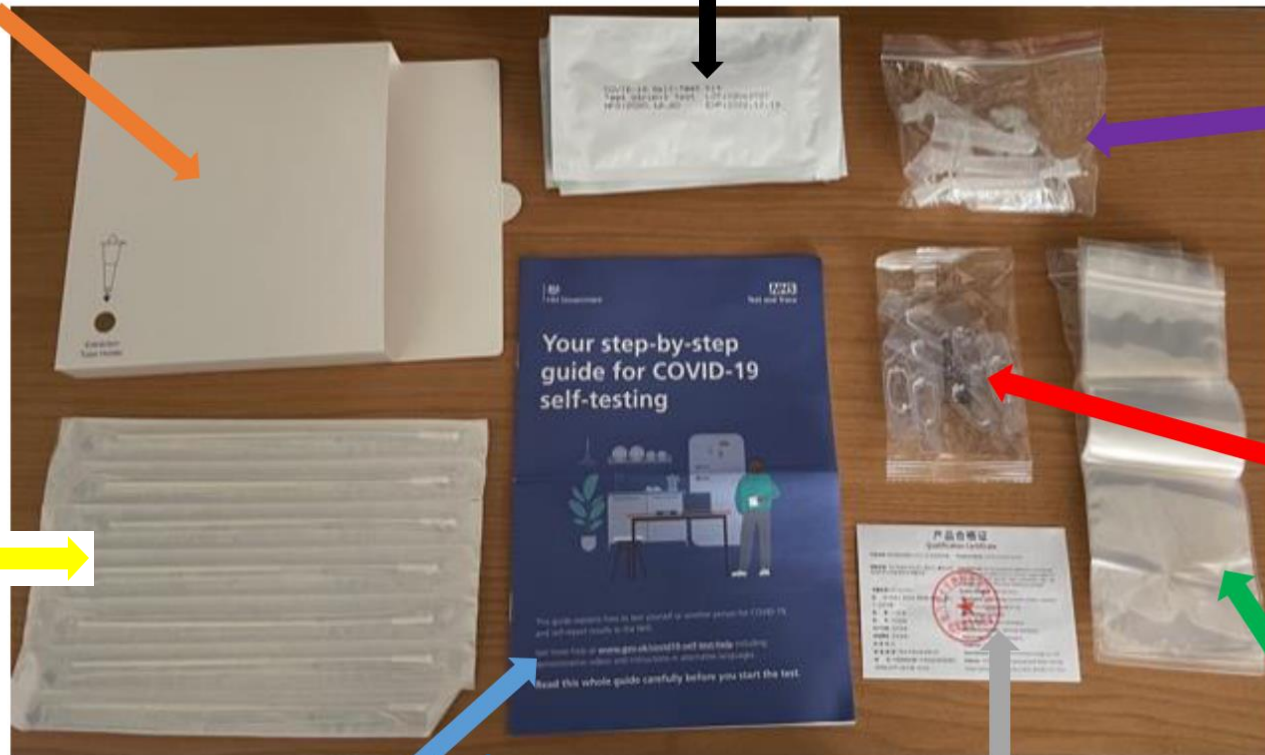
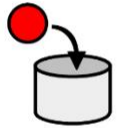
Instruction
Booklet



7 x Swabs

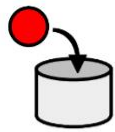


Extraction
Tube Holder
(this is attached
inside the box)





What Do I Need to Take My Test?



**The Extraction
Tube Holder**

1 Test Strip



**1 Extraction
Tube**



1 Waste Bag



1 Swab



**1 Extraction
Buffer Sachet**





How to Take my Covid-19 Test at Home



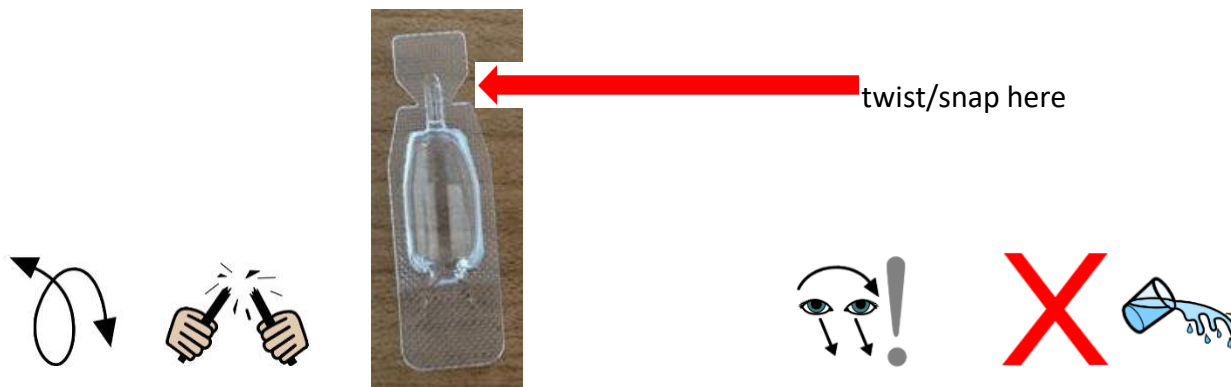
- 1.) Clean and dry the surface you are placing your test kit on



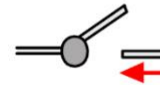
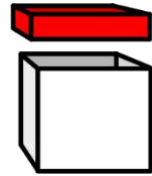
- 2.) Wash your hands



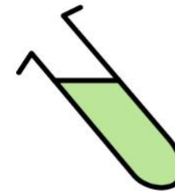
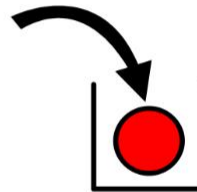
3.) Take the test strip out of the packet. Place it on the clean surface.



4.) Twist or snap the sachet to open it. Be careful not to tip any liquid out.

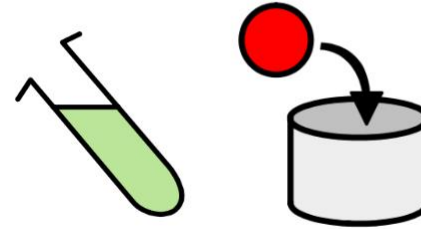
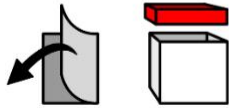


5.) Make sure the lid on the extraction tube is open



6.) Squeeze the liquid from the sachet into the extraction tube
(Use the extraction tube holder if this is easier)





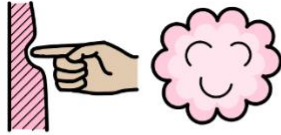
7.) Close the lid on the extraction tube and put it in the tube holder.

8.) Blow your nose into a tissue

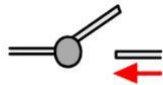


9.) Wash your hands again

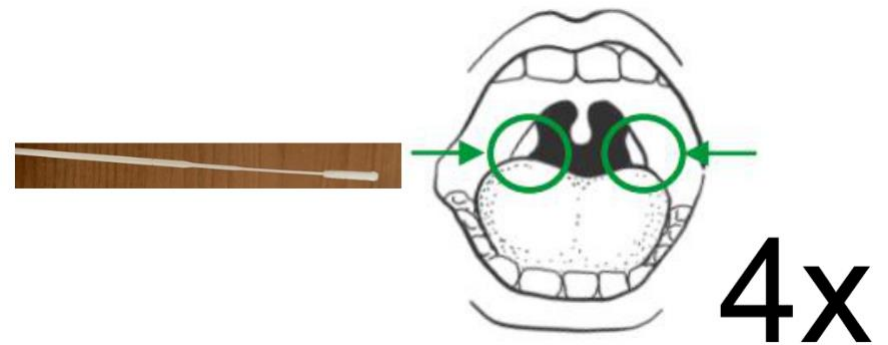
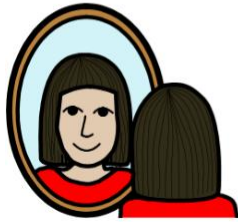




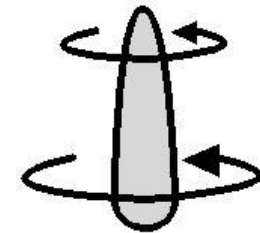
10.) Find the swab. Look for the soft end. The other end is the handle



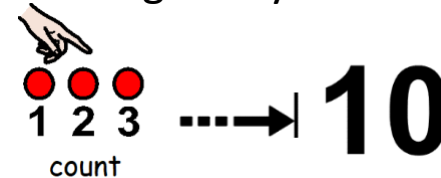
11.) Peel open the packet and hold the swab. Do not touch the soft end

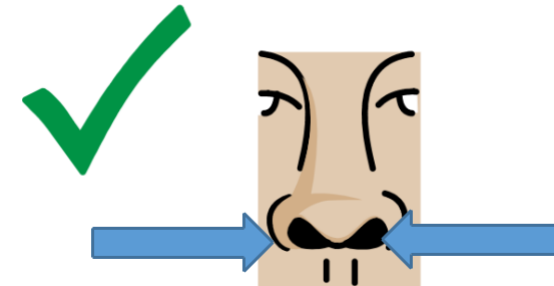
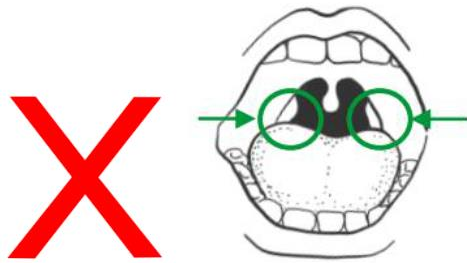


12.) Look in a mirror and open your mouth wide. Wipe the soft end of the swab on your tonsils. This is the back of your throat. Do this 4 times

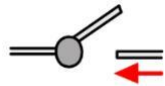


13.) Then put the swab up your nose, about half the length of your thumb. Turn the swab around in your nose and count to 10

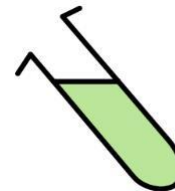




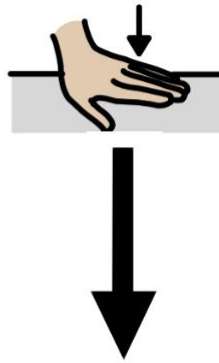
IF YOU DON'T WANT TO SWAB YOUR TONSILS YOU CAN SWAB BOTH NOSTRILS INSTEAD



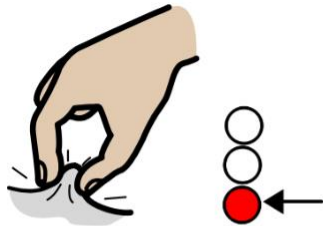
14.) Open the lid of the extraction tube



15.) Put the soft end of the swab into the extraction tube so that it is in the liquid at the bottom



16.) Press the end of the swab to the bottom of the tube while stirring it around

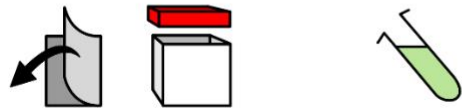


17.) Pinch the bottom of the tube with the swab in it to squeeze the fluid off the end of the swab and take it out of the tube

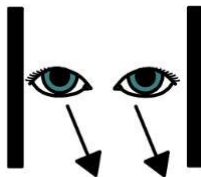
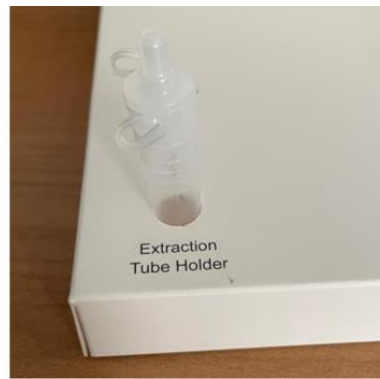


18.) Put the swab in the waste bag

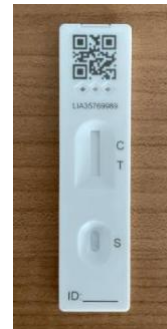




19.) Close the lid on the tube



20.) Find your test strip and move it to the surface in front of you.
Look for the well (hole) marked 'S'

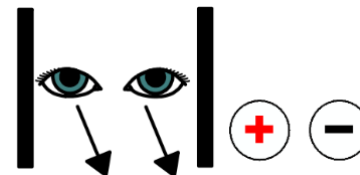
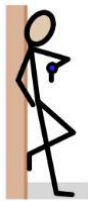




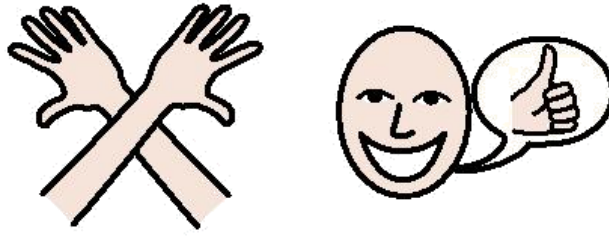
21.) Tip the tube upside down and gently squeeze 2 drops of liquid onto the 'S' well



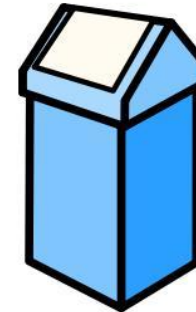
22.) Put the tube into the waste bag



23.) Leave the test strip for 30 minutes before you read the result.



You have finished your COVID test! Well done



Please put all used test kit materials into the waste bag and then your household bin!



How to report your result



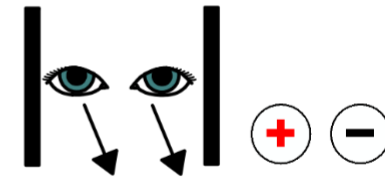
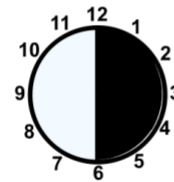
Negative result



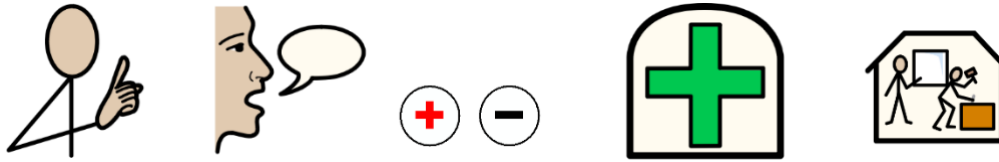
Positive results



Results void



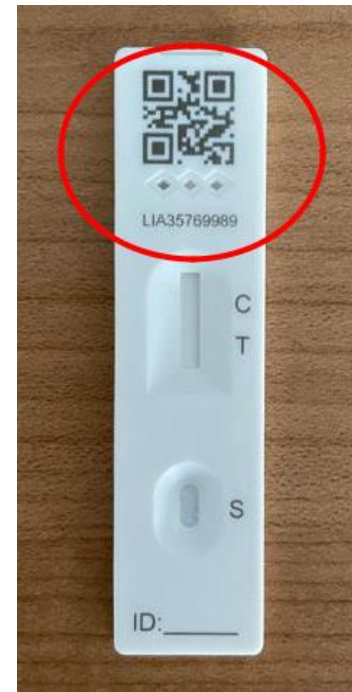
After 30 minutes, look at your test strip to see your result.



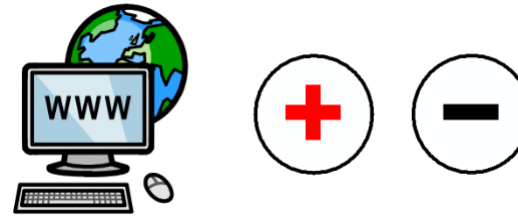
You need to report your result to the NHS and to College

Look for the QR Code and the number under it on your test strip. You need this to report your result.

You must report your result, whether it is positive, negative or void.



To report your result online:

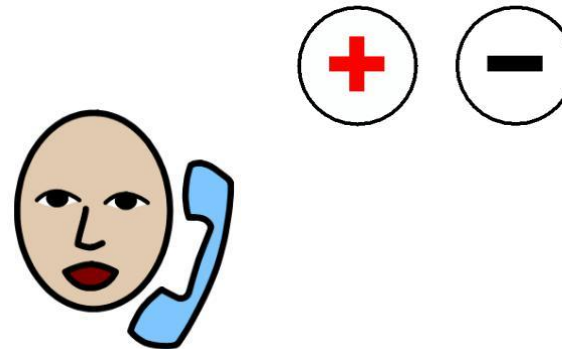


Visit <https://www.gov.uk/report-covid19-result>

To report your result over the phone:

Call 119 (free)

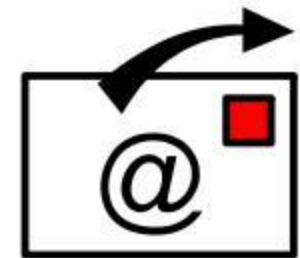
7am – 11pm

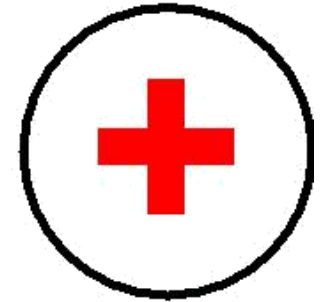
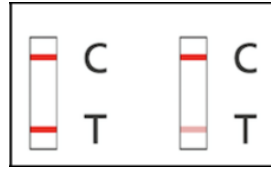


You must report your result to college:

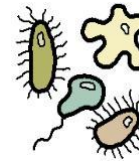
You will get an email or text from the NHS shortly after you report your result. You must forward this email or text to this college email address:

studentresult@qac.ac.uk





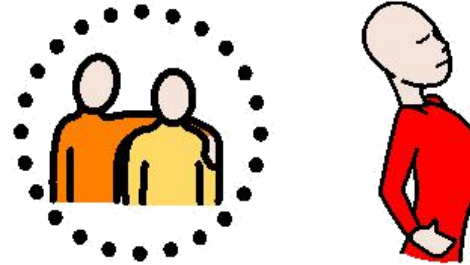
What to do if your COVID Test result is Positive



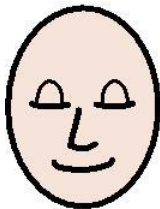
If your test result is Positive you are likely to have Coronavirus/ COVID19. You must stay at home.



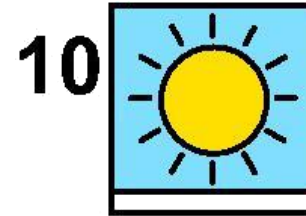
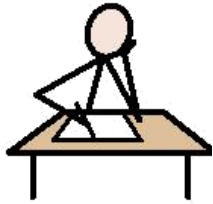
You must also phone the college to report your positive test. This can be done at any time because the duty manager can answer calls out of college hours



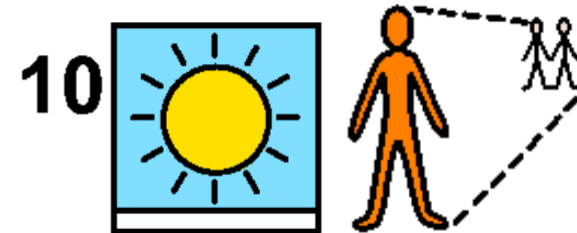
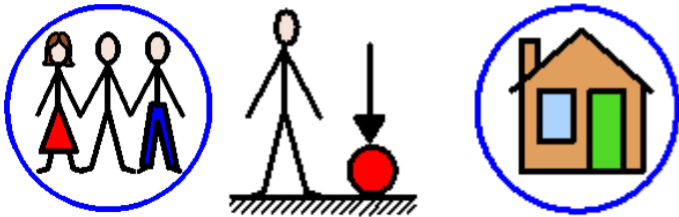
Remember that by staying at home you are keeping everyone at college safe and this is a good and brave thing to do!



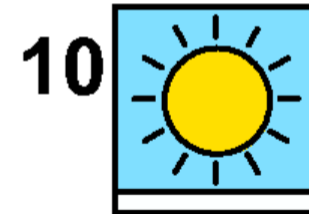
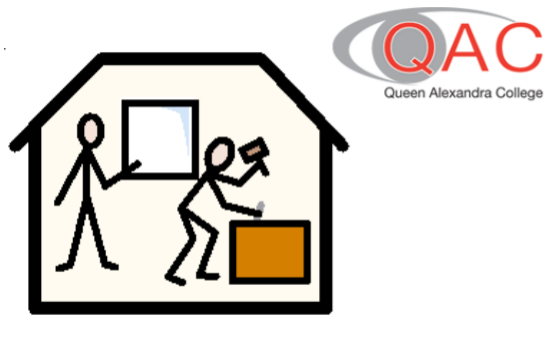
You must try not to worry because most people do not get very poorly with the virus. Most people feel like they have a cold or don't feel any different at all.



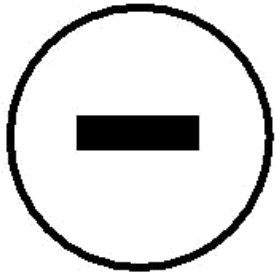
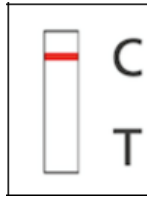
You can do your college work if you feel ok but this is not important for the 10 days that you must stay at home.



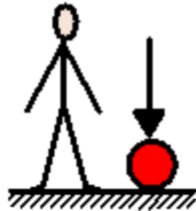
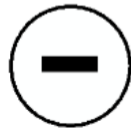
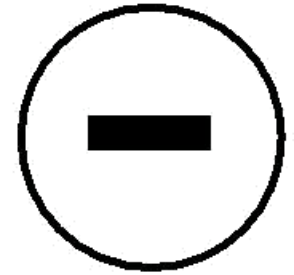
Your positive result means that you, and the people you live with, must stay at home for 10 days. This is called self-isolating.



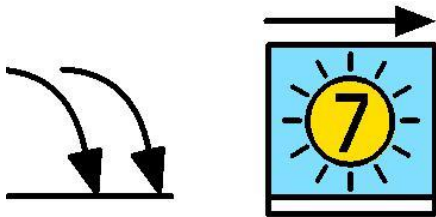
You can come back to college when your self-isolation has finished. This is 10 days after you have taken your home test.



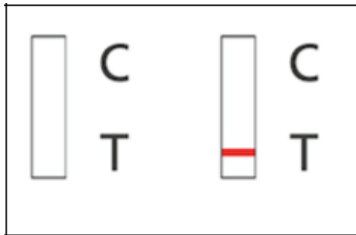
What to do if your COVID Test result is Negative



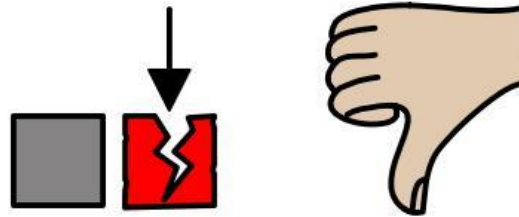
If your test result is Negative, you can come to college as normal.



You will take another test next week.



What to do if your COVID Test result is Void



If your test result is Void this means that the test did not work properly



Try to repeat the test a short while later