

# COVID-19 TEST



if you have at least one of these 3 symptoms:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste or it's changed

## YOU MUST GET TESTED ASAP!

You must not leave your house unless you travel to the testing site.

Tests are free of charge and can be booked on

<https://www.gov.uk/get-coronavirus-test> or by calling **119**.

You can either book a test at one of the testing sites (drive-through or walk-through test centres ) or request a home test kit to be sent to you.

## How to take your swab sample

### Step 1

Wash your hands thoroughly for 20 seconds using soap and warm water. Look inside the mouth and find the tonsils at the back of the throat.

### Step 2

Gently blow your/their nose and cough into a tissue. Wash your hands again.

### Step 3

Open the package and gently take out the swab. Do not touch any surfaces (including body parts) with the fabric tip of the swab.

### Step 4

Holding the swab in your hand, open the mouth wide and gently rub the swab's fabric tip over both tonsils at the back of the throat for 10 seconds.

### Step 5

Put the same end of the same swab gently into the nostril about 2.5cm (1 inch) or until you feel some resistance. Rotate the swab for 10 to 15 seconds and slowly remove it.

### Step 6

Put the swab into the vial with the fabric tip facing down and wash your hands.



Taking the sample may cause gagging and minor discomfort, but it should not hurt.