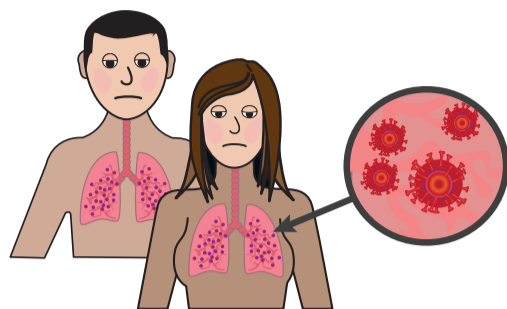


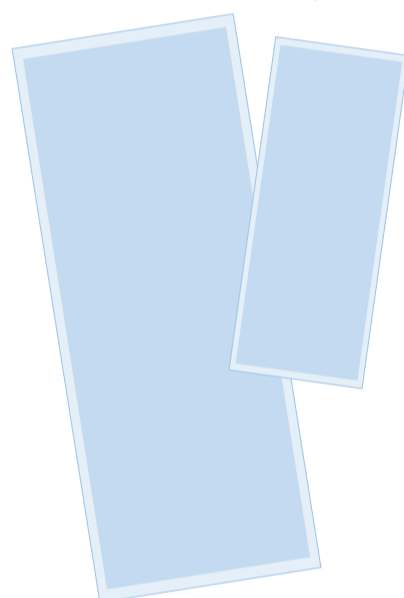
Coronavirus Home Test Kit



If you or someone you live with becomes poorly you can phone 119 for a Coronavirus test to do at home.



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

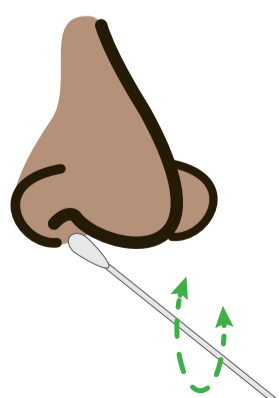


The home testing kit has
a cotton bud that is called a swab.
a small tube.
a small plastic envelope.
a large plastic envelope.



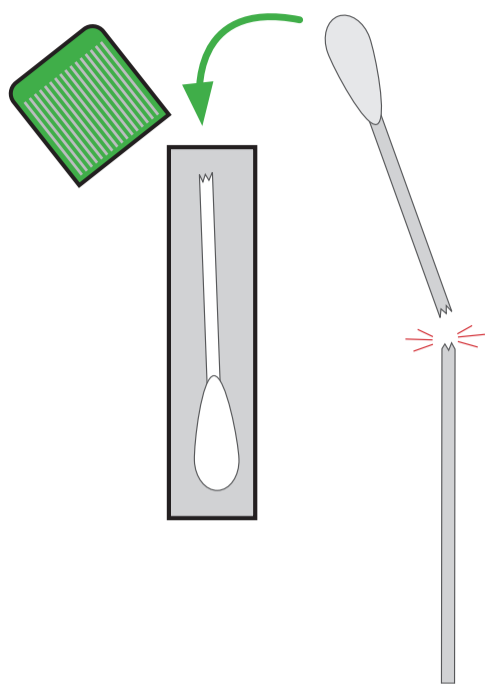
Look in a mirror, open your **mouth**, and stick out your **tongue**.

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**.

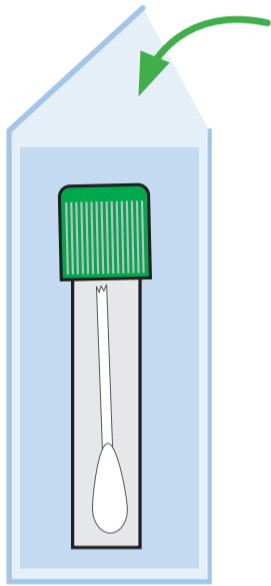
Do this again in the other **nostril**.



Step 1.

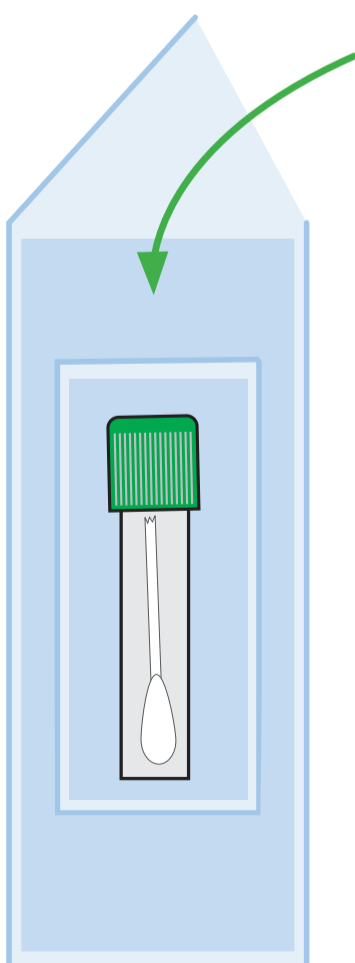
Put the soft **end of the swab** into the **small tube**.

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.



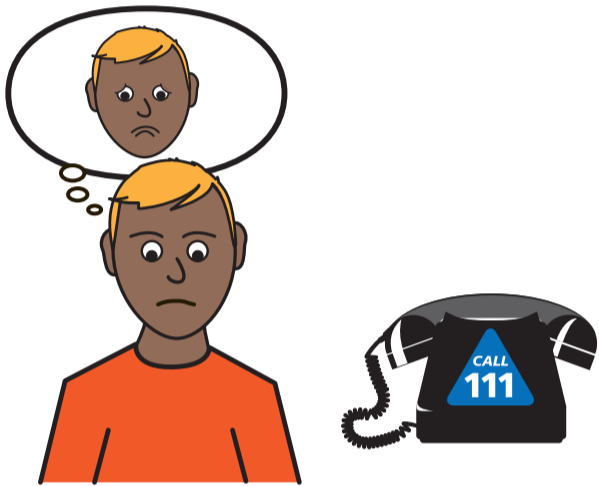
Step 3.

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

Post 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.