Covid testing at home

Test yourself twice a week

Sunday evening and Wednesday evening

New test kits - NASAL swab ONLY!

Do not swab your throat

From the kit

Test cassette in a closed wrapper

Extraction tube in a closed wrapper

Extraction **tube holder** (part of the box)

Swab in a closed wrapper

Waste bag

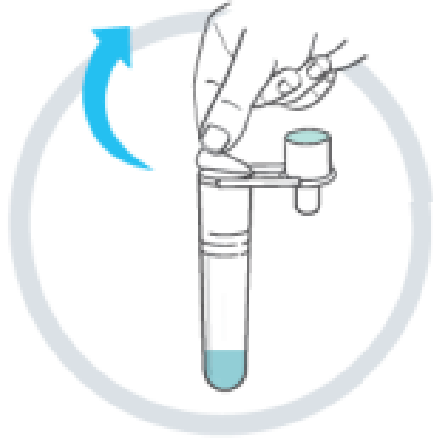You will also need a watch or clock from your home.

Step one:

Wash your hands. Use soap and warm water, or hand sanitiser. Make sure your hands are dry before you start the test.
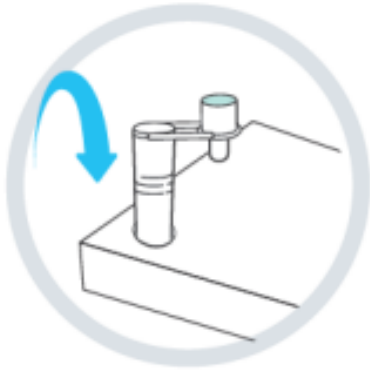
Step two:

Take the **test cassette** out of the closed wrapper. Put the test cassette on your table, and the wrapper in the bin. You must start the test in the next 30 minutes.

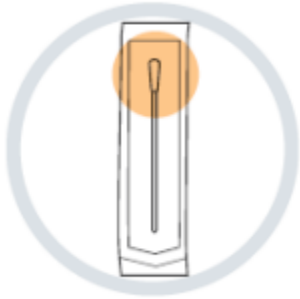30 minutes

Step three:

Pull the lid off the **extraction tube** with your fingers. Be careful not to spill any of the liquid that's inside.

Step four:

Put the extraction tube in the **tube holder**. Be careful not to spill any of the liquid that's inside.

Step five:

Pick up the **swab** in the closed wrapper. Make sure you know which end is the soft tip of the swab.

Step six:

Open the closed wrapper and take out the swab by holding the handle. Never touch the soft tip with your hands.

Step seven:

Put the soft tip of the swab inside 1 side of your nose. You don't need to push the swab a long way up your nose. It might feel strange but it should not hurt.

Remember: Do not swab your throat
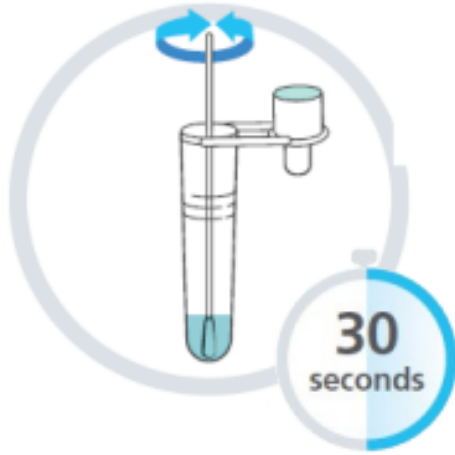
Step eight:

Rub the swab in a circle around the inside of your nose 5 times. The swab should touch the inside of your nose while you do this.
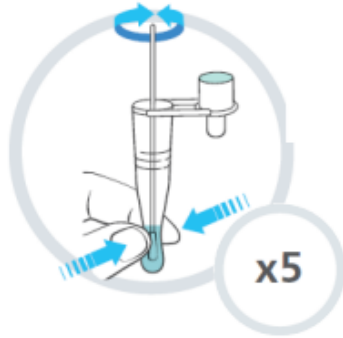
Step nine:

Put the same swab inside the other side of your nose. Rub the swab in a circle around the inside of your nose 5 times in the same way as before.
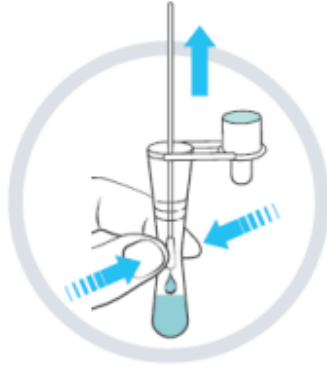
Step ten:

Pick up the **extraction tube**. Put the soft tip of the swab inside the tube in the liquid. Stir the liquid with the swab and wipe the swab against the side of the tube for 30 seconds.
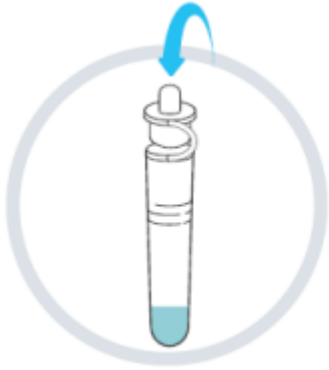
Step eleven:

Stir the swab 5 more times and squeeze the tube onto the swab at the same time.
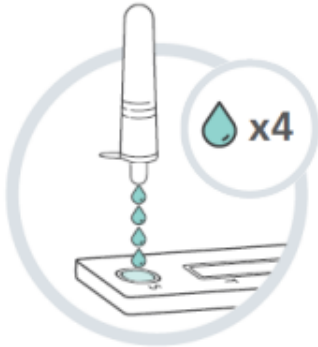
x5

Step twelve:

Take the swab out of the extraction tube. When you do this squeeze the tube onto the swab to help get all the liquid out of the swab. Put the swab in the **waste bag**.

Step thirteen:

Put the lid on the extraction tube. Gently shake the bottom of the tube to mix the liquid.

Step fourteen:

x4

Squeeze 4 drops of the liquid from the extraction tube onto the test cassette. Make sure the drops are in the **specimen well** which is the hole next to the letter S. Put the extraction tube in the waste bag.
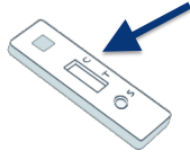
Step fifteen:

Look at your clock or watch. You need to wait for 15 minutes for your test to be ready. Work out what time your test will be ready.

15-30 minutes

After 15 minutes your test will be ready and you can read the result. Do not wait longer than 30 minutes.
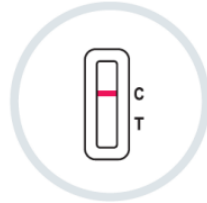
Results:

Look at your test cassette and see if there are any lines next to the letter C or the letter T. There are 3 possible results. Match yours to a picture on this page to find your test result.
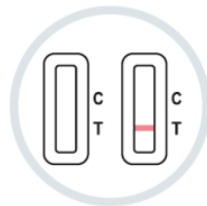
Positive result
If you have 1 line by C, and 1 line by T this is called a positive result. The lines can be bright or faint. You have COVID-19.

Negative result
If you have 1 line by C, and no line by T this is called a negative result. You probably don't have COVID-19.

Void result
If you have no lines, or 1 line by T this is called a void result. This means that the test did not work.

Report your results:

Report your results to NHS test and trace and on the school registering site testregister.co.uk:

Report a COVID-19 rapid lateral flow test result

Use this service to report your result to the NHS after using a rapid lateral flow test kit to check if you're infectious with coronavirus (COVID-19).

A rapid lateral flow test is a coronavirus test you do yourself. It shows you the result on a handheld device that comes with the test.

Report the result:

- every time you use a rapid lateral flow test kit
- as soon as possible after you get the result

You cannot report a result after more than 24 hours.

You can only report one result at a time.

Start now >

TestRegister

Please enter your email address

Send login link