



Department
of Health &
Social Care

Testing yourself for coronavirus

This is an easy read guide to help explain how to test yourself for coronavirus.



easy
read

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Introduction



Department
of Health &
Social Care

This guide comes from the Government's Department for Health and Social Care.

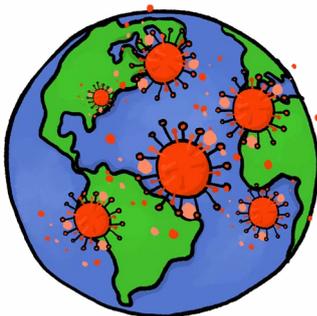


It tells you:

- what to do when you get your test kit.



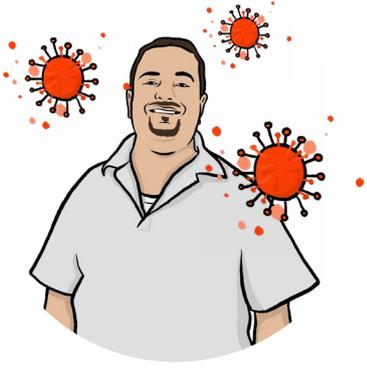
- how to test yourself for **coronavirus**.



Coronavirus is an illness that is spreading around the world. Lots of people call it COVID-19.



We have a test for coronavirus. You can do the test on yourself.



Coronavirus

You can have coronavirus and not feel ill.



Some people are very ill with it.



You may get a high temperature and a cough.



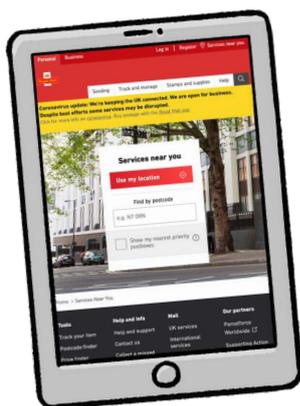
You might not be able to taste or smell things.

Before you do the test



Find a priority postbox

Check collection times at your nearest Royal Mail priority postbox. It has a priority postbox sticker on it.



You can find your nearest priority postbox by going to:

www.royalmail.com/services-near-you

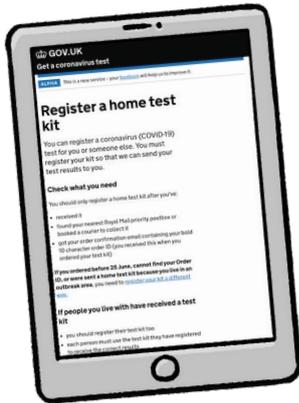
Click the "Show my nearest priority postboxes" box and enter your postcode.



After you have done your test, you will need to send it back 1 hour before the last collection time.

For example, if the last collection time is 4:30pm you will need to post your test by 3:30pm.

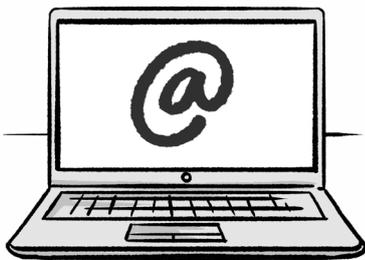
Register your test



Register means tell the Government that you are about to do a test and send it back to them.

It is important that you register your test, otherwise you will not receive your test result.

Register your test by going to:
www.gov.uk/register-home-test



- your order ID. You can find this on the email that we sent you about the test.



- your test kit barcode. It's made up of letters and numbers. This barcode is on your instruction booklet and the return box.

Taking the test



The test is nothing to worry about. It will be very quick and it will not hurt.



Before you take the test, wash your hands with soap and water.



If you have a runny nose, you will need to blow your nose with a tissue before taking the test.

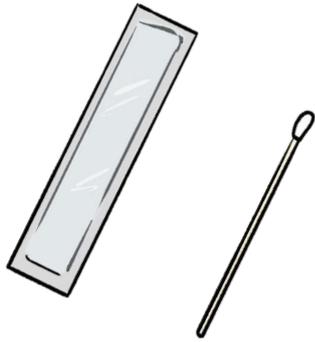


Unpack everything from the kit onto the clean, dry surface.

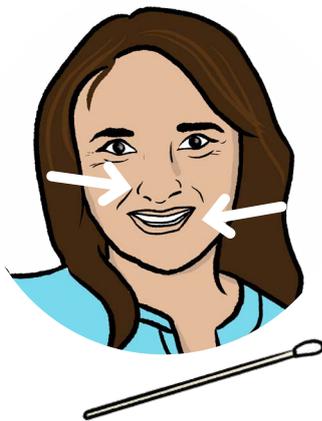


You will take the test from your throat and your nose using a **swab**.

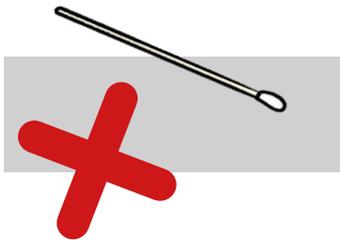
A **swab** is like a large cotton bud.



Open the package and gently take out the swab.



You will use the same swab for both your throat and your nose.



Do not let the tip of the swab touch other surfaces or it could mix up your results.

Throat swab



Use the swab to take a sample from your mouth.



Look inside your mouth and find your tonsils. Your tonsils are the soft part at the back of your throat.



You need to open your mouth and stick out your tongue.



Gently rub the swab over the soft part at the back of your throat for 10 seconds.

You may gag, but it will not hurt. It may be a bit uncomfortable.

Nose swab

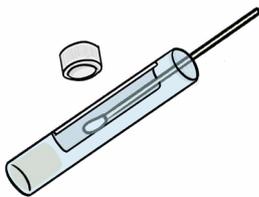


Use the same swab to take a sample from your nose.

Put the swab into your nose and push it gently upwards. It will not hurt and it will not go too far up.



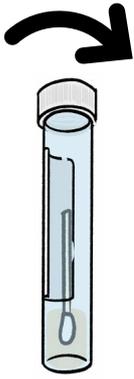
Gently turn the swab for 10-15 seconds. This will not hurt but may be a bit uncomfortable.



Put the swab into the **plastic tube**. A **plastic tube** is a small jar filled with a little liquid.



Snap off the end of the swab so that it fits into the plastic tube without bending.



Screw the lid of the plastic tube back on tightly.



That's it, well done. Now you need to pack up the test and send it back.

Packing up your test



Place the plastic tube into the zip lock bag with the **absorbent pad**.

An **absorbent pad** is a small piece of soft fabric.

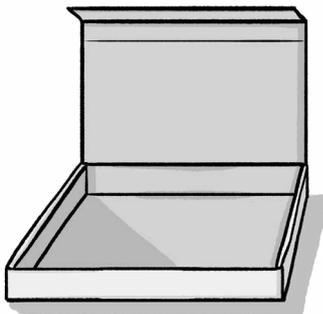


Place the zip lock bag into the **biohazard bag**.

The **biohazard bag** is the larger bag with a barcode on it.



Seal the bag using its silver seal.



Make up the cardboard box.



Put the bag inside your cardboard box.



Tape it shut with the security seal.



That's it, well done. You are ready to post your test kit.

Remember you can only use a Royal Mail priority postbox.

Getting your results



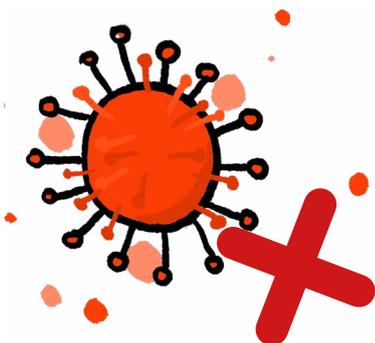
You will not know the results straight away. It will be sent off to the lab for testing.



You will have to wait for your test results. This might take up to 3 days.

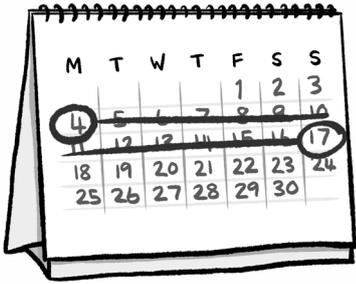


You'll get the results by text or email.



If you do not have coronavirus

If the test shows that you do not have coronavirus, you do not need to do anything.



If you do have coronavirus

If the test shows that you do have coronavirus, you must **isolate** for 10 days.



Isolate means:

- you must stay in your home.



- you cannot go near other people.



- you cannot go out.

For more information



If you need more information, please go to:

www.gov.uk/government/publications/supported-livingservices-during-coronavirus-covid-19



If you have any questions about your coronavirus test please call:

- **119** if you live in England, Wales or Northern Ireland
- **0300 303 2713** if you live in Scotland



If you feel worse, or you do not get better after 7 days:

- visit NHS 111 online at www.111.nhs.uk
- or call **111**