

How to take a rapid flow COVID-19 test



Easy read information

What is a rapid flow test



We are **NHS Test and Trace**. We run COVID-19 testing services.

About 1 in 3 people do not know they have COVID-19.

So we might need people to take a rapid flow test to see if you have COVID-19.



The full name of the test is **SARS-CoV-2 Antigen Rapid Test**.

This guide tells you

- ✓ How to take the test – for you or for another person
- ✓ How to report the result of the test to the NHS.



This kind of test means taking a swab from your nose.

We will tell you more about how to do this in the leaflet.



Please read this leaflet carefully before taking the test.

What to do before the test

Before you take the test you



- X Should not eat, drink, smoke or vape 30 minutes before
- X Should not use the test if it looks broken or damaged
- X Should wash your hands really well
- X Should not use a sample if it has blood in it.



Please put all used parts of the test in the bin.

Keep the test kit away from children and animals.

You can get help to use the swab and take the test if you need to.

Keep the test in a cool place before you use it.



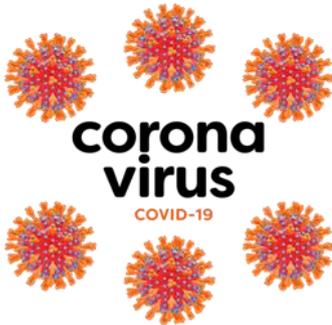
Do not put it in the freezer.

Do not use if out of date.

Do the test in normal room temperature. This is between 15 and 30 degrees.



Information about the test



This test is for people who have symptoms of COVID-19 and people who don't.

You can choose the test that is right for you.

This test takes a swab sample from up your nose.



If you test **positive** after the test, you should

- ✓ Stay at home and don't see anyone who doesn't live in your home
- ✓ Tell people you have been with that you are positive for COVID-19.



If your test is **negative**, you probably haven't got COVID-19 when you took the test. But you might still get it.



How to get help



If you are worried you can get advice. Trust your instincts if you think you have COVID-19.

You can follow the NHS guidance [nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)



If you have COVID-19 symptoms and they get worse, please get in touch with **NHS 111** online.

Or you can call 111 on the phone.

If you have an emergency call 999.

You can also get advice and help if you are worried about children.



You can take the test if you are

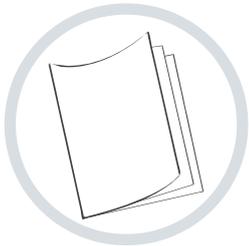
- An adult
- A teenager
- A child under 12 – an adult will do the test for you.

You can test more than once. This will depend on your situation.



Find out more at [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)

Getting ready to take the test



Before you take the test, you should find a clear space.

Remember not to eat, drink, smoke or vape 30 minutes before.

You will need a watch or clock to watch the time.



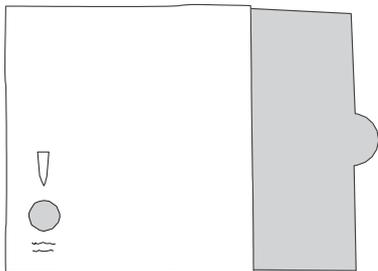
1. Read this leaflet carefully or you can watch the video at [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)

1. Clean the space you are using to take the test.



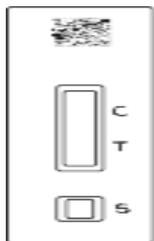
2. Wash or use hand sanitiser before you take the test - if you do more than one test, wash your hands again.

1. Check your testing kit



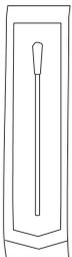
Your test pack should have these items

- ✓ Test cassette in a sealed pack
- ✓ Buffer tube in a sealed pack
- ✓ Buffer tube holder
- ✓ Waste bag
- ✓ Nose swab.



If any part of your test kit is broken or damaged, do not use it.

Get in touch if you are hurt by your testing kit.



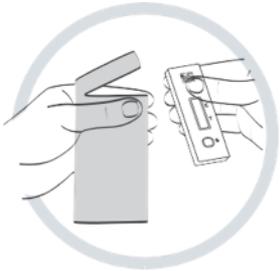
You can call our Customer Centre and tell them.

Call **119** between 7am and 11pm every day. The phone call is free.



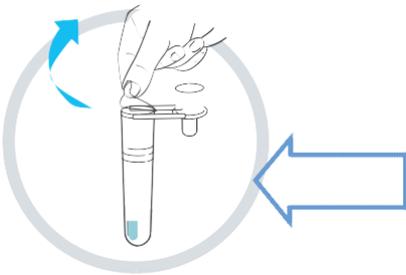
We can give support in many different languages, including British Sign Language.

2. How to use your test kit



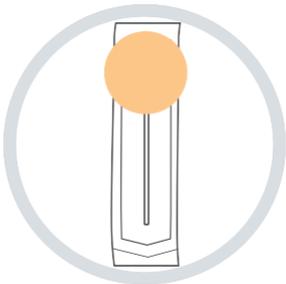
Take the test kit out of the bag and put it on the clean surface.

You need to do this test within **30 minutes** so make sure you can see the time.



Keep the buffer tube away from your face. Unseal the top and put the tube in the holder.

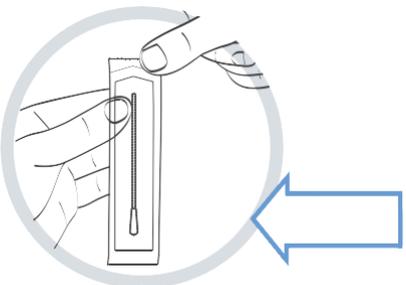
Find the swab and open it carefully.



Don't touch the fluffy end as this will go up your nose.

Don't use the swab if your nose is bleeding.

Insert the fluffy end of the swab up your nose and move it around in a circle about 5 times.



Take the swab out and hold it carefully.

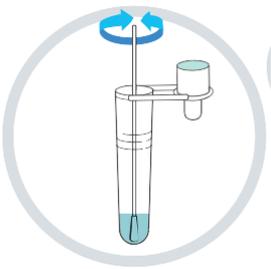
3. Take your swab sample



If you need to do the test on someone else then wash your hands very well before you start.

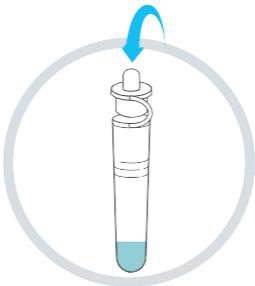
Follow the instructions in the same way and do the test.

Test the swab as soon as you can.



Place the tip of the swab in the buffer tube and move it around for about 30 seconds.

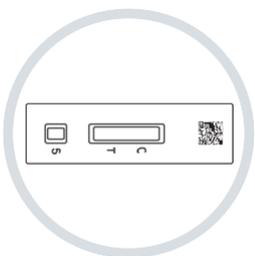
Squeeze the side of the tube at the same time as you move the swab around in circles.



Put the swab in the bin and seal the buffer tube.

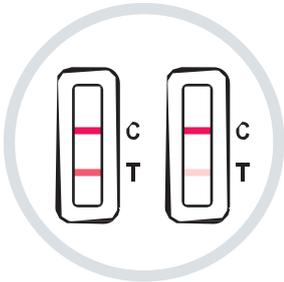
Attach the dropper tip to the tube and mix by flicking the tube.

Put the test kit on a flat surface. Squeeze out 4 drops of liquid onto the test cassette.



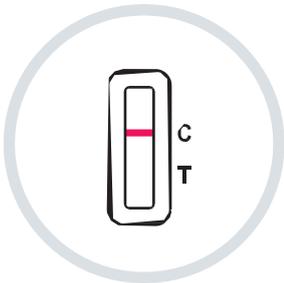
Set your timer for 15 minutes. You should see a result but you might have to wait for up to 30 minutes.

4. Reading your test result



If your result is **positive**, you will see 2 lines on the test. A pink line next to C and a pink line next to T.

This means you have a positive COVID-19 result.



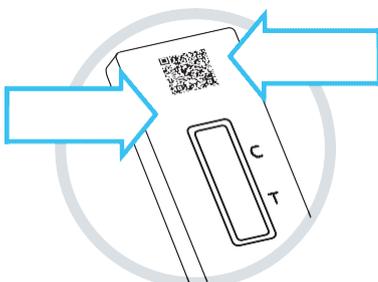
If your result is negative, you will see one line next to C.

If you have a void result, you will see a line next to T. This means the test is void and hasn't worked.



You need to tell the NHS your result. This helps scientists to find out more about COVID-19 and what the virus is doing.

You need to report the result no matter what the outcome is.



You will need the QR code on the test and the ID number under the test.

4. Reading your test result



If you live in England, Wales or Northern Ireland visit:

www.gov.uk/report-covid19-result

If you live in Scotland visit:

www.covidtest.scot



Or you can give us your result by phone.

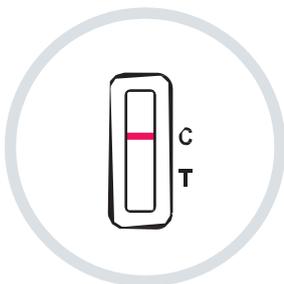
Please call 119. Lines are open every day from 7am to 11pm.

If you have a **positive result**, it means you have COVID-19 and you might infect other people.



Tell everyone you live with or have been in contact with. You will need to stay at home until you feel better.

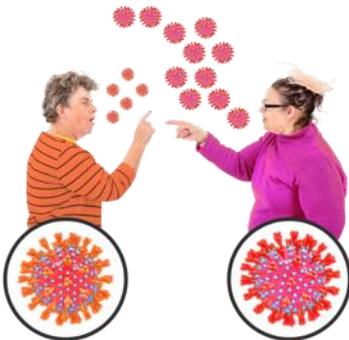
If you have a negative result, you don't have COVID-19 when you took the test.



But you might still get it, so wash your hands and follow the guidelines.

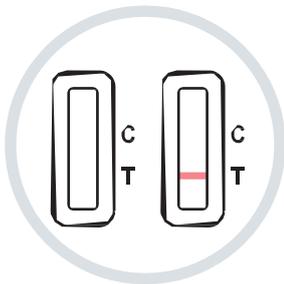
5. More about your test result

If you do get symptoms of COVID-19 then you will need to stay at home and be away from everyone.



If you have a void test, it means the test didn't work properly. You will need to do another test.

Make sure you throw the old test away and start again with a new test kit.



If you keep having void tests, stop using them and take a different test. You can get this by calling 119 or you going to this address

[gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



When you have finished your test, please put all the test parts in the bin and wash your hands.

6. Write down your test result



It can help to write down your test results so you can keep a record.

You still need to tell the NHS your result.

Who took the test	Date	Time	Test result