

# Four easy stages of a rapid COVID-19 self-test

NHS

Test and Trace



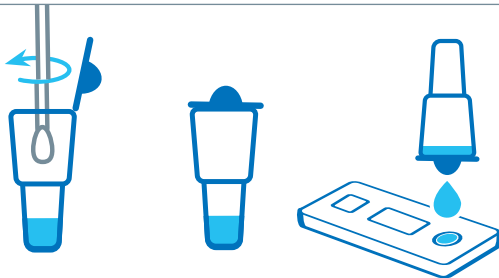
1

**Set-up:** sanitise testing area and hands, unpack kit, read instructions



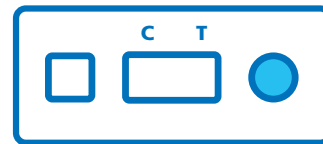
2

**Swab:** throat then nose



3

**Process test:** place swab in liquid in tube, squeeze liquid onto test device



4

**Read result:** ensure test device is on a flat surface, wait and read result at 30 minutes