

How to Collect an Anterior Nasal Swab for COVID-19 Rapid Antigen Testing (RAT)

The first steps

1 Gather equipment

You will need:

- Contents of your RAT kit
- A suitable surface
- Biohazard waste bag
- Hand sanitiser



2 Prepare your area

- Ensure your area is free from food, drink and unnecessary objects
- Clean your surface
- Remove the contents of the RAT kit and place onto the cleaned surface



3 Blow nose & wash hands

Excess blood or mucous on the swab can interfere with results, therefore blow your nose and then wash your hands with soap and water or use hand sanitiser



What's the difference with this swab?

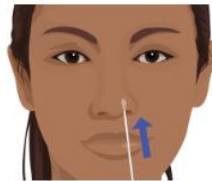
Unlike many of the COVID-19 tests which require a more invasive nasal swab, such as those performed in COVID-19 clinics or hospitals, this is a simple self-test using an anterior nasal swab. It is a more comfortable, shallow, less invasive swab.

Collecting the swab

- 4 Remove the swab from the package. Do not touch the soft end tip with your hands or anything else.



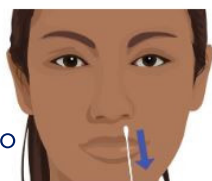
- 5 Insert the soft end of the swab into one of your nostrils no more than 2-3cm.



- 6 Slowly rotate the swab 5 times over the inside surface of your nostril.



- 7 Gently remove the swab and repeat step 6 in your other nostril. It should take you roughly 15 seconds to fully collect your sample.



- 8 Gently remove the swab and select the extraction vial provided in your RAT kit.



- 9 Peel back the foil and place the swab into this vial.



For information on running your test and interpreting your results please see "Test Procedure and Results Interpretation" document