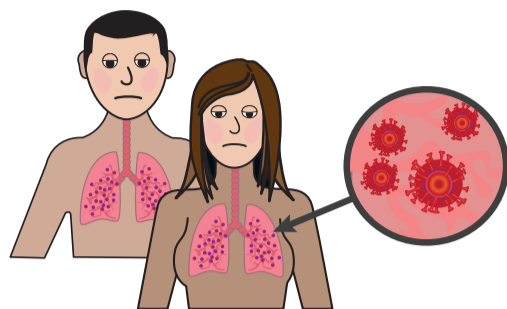


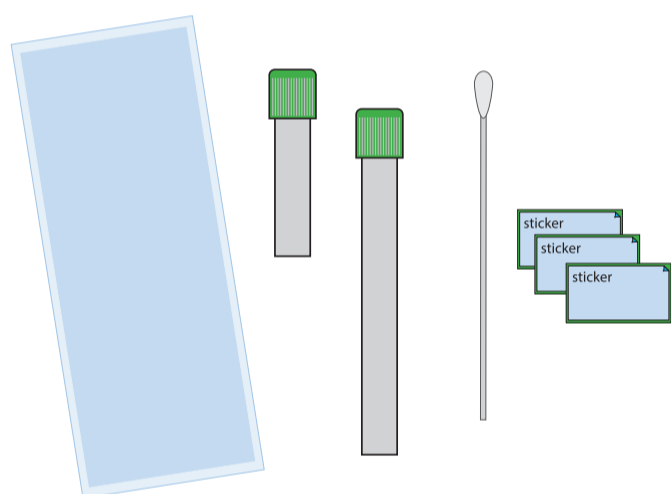
Coronavirus Home Test Kit



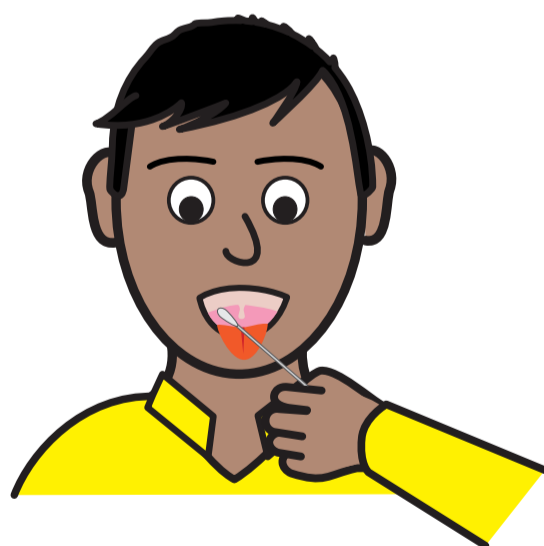
If you or someone you live with becomes poorly you can phone 119 for a Coronavirus test to do at home.



Wash your hands for **20 seconds** before you begin.

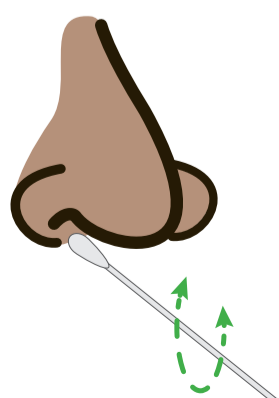


The home testing kit has
a cotton bud that is called a swab.
a small tube.
a big tube.
3 stickers.
a plastic envelope.



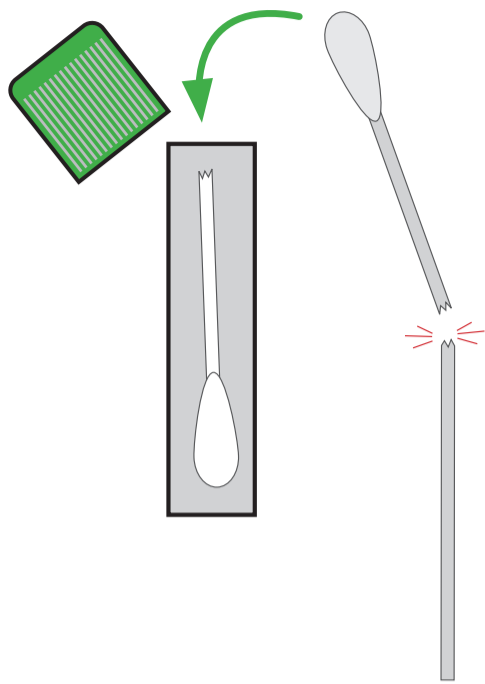
Look in a mirror, open your mouth, and stick out your tongue.

Wipe the soft tip of the swab around the **back of your throat** for **10 seconds**.



Put the **swab** inside of your **nostril** and gently wipe around the inside of your **nose**.

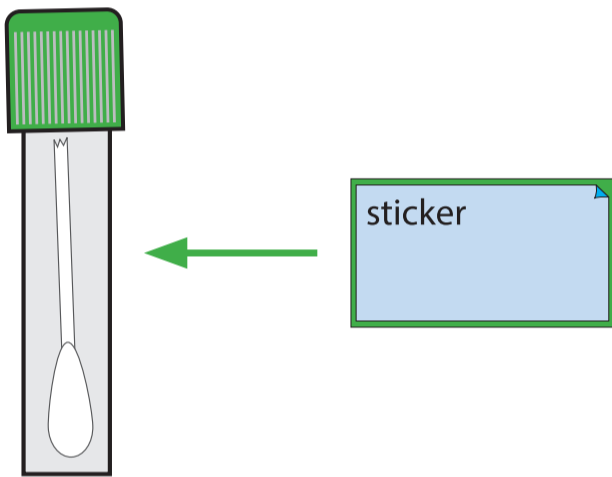
Do this again in the other **nostril**.



Step 1.

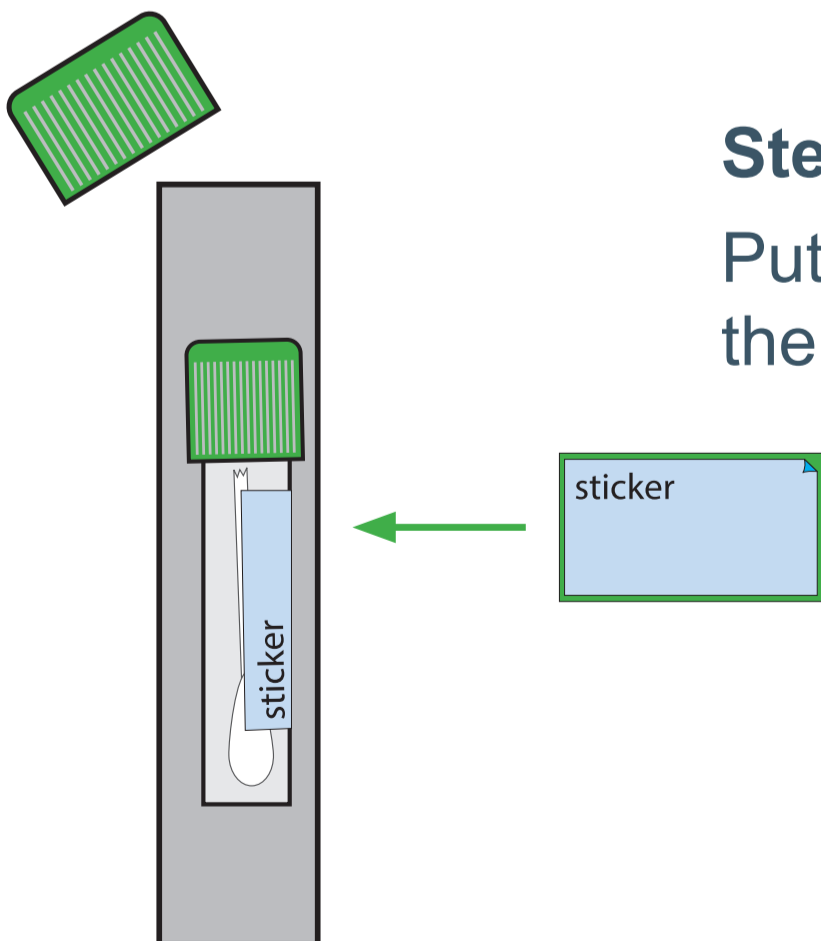
Put the soft end of the swab into the **small tube**.

Break the plastic end off so that the swab part stays in the small tube and throw the stick away.



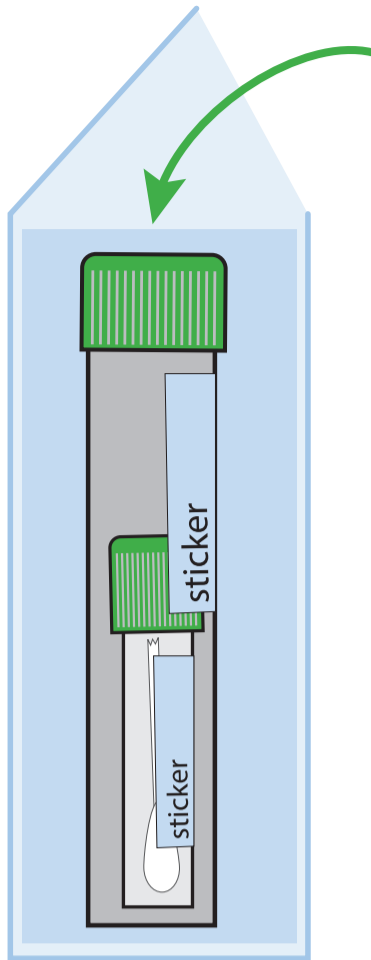
Step 2.

Put the lid and sticker on the **small tube**.



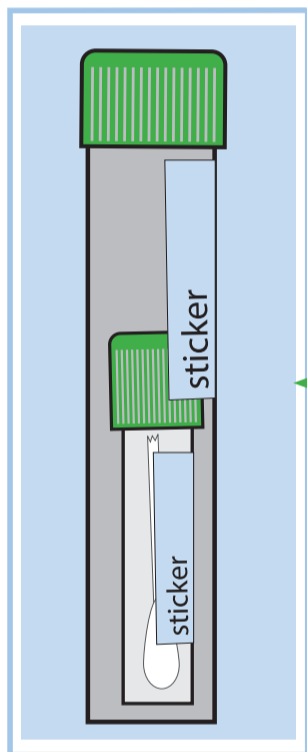
Step 3.

Put **small tube** in the **big tube** then put the sticker on the **big tube**.



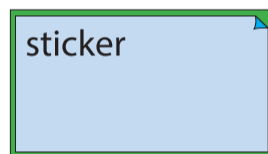
Step 4.

Put the **big tube** in the **plastic envelope**



Step 5.

Seal and put the sticker on.



Post the plastic envelope back.



Wash your hands again.



If you feel you are **getting worse** or if you are worried about your health contact **NHS 111** urgently.