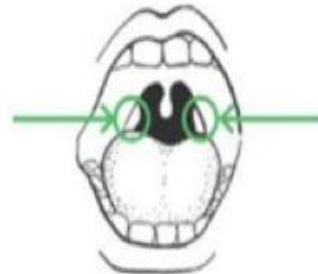


Lateral Flow Tests

STEP 1

Look inside your mouth, and find your tonsils at the back of the throat.

You may use a mirror or a phone to help you with this. Your tonsils (or if you had them removed, where they would have been) are where you will swab your sample.



STEP 2

Gently blow your nose into a tissue to get rid of excess mucus.

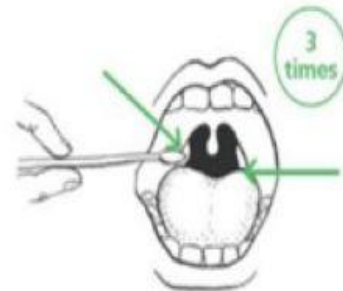
Wash your hands so that you don't contaminate the test kit.



STEP 3

Open the test package and take out the swab.

Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been) at the back of the throat with good contact at least three times (for about 10 seconds).



STEP 4

Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5 cm or 1 inch up your nose).

Roll the swab (for about 10 seconds) along the inside of the nostril.

