

Step-by-step guide for self-swab tests

Let's recap the six steps your test subjects will go through during the self-swab process:

1. **Sanitise** hands
2. **Locate tonsils** or tonsil area using a mirror and torch or phone
3. **Blow nose** into a tissue, put the used tissue in the healthcare waste bin
4. **Sanitise** hands
5. **Check swab** packet is sealed
6. **Remove swab** holding the handle
7. **Open mouth** and rub the swab on each tonsil or tonsil area at least three times
8. **Insert swab** in to nostril until there is slight resistance and rotate five times

