

Step-by-step guide for the coronavirus self-test

Instructions for Use

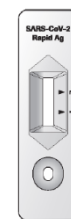
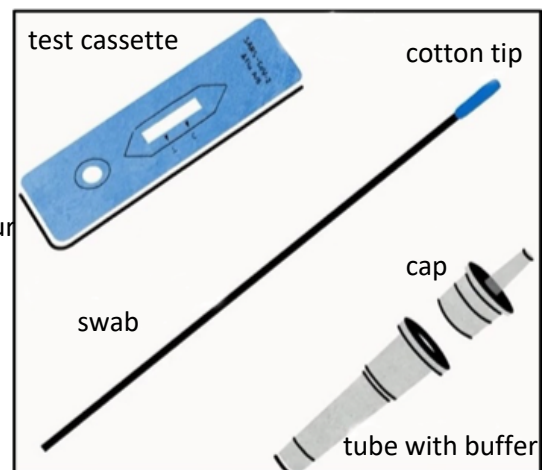
It is important that you carefully follow each step of the instructions to ensure a correct test result. Read the full instructions before you start.

1. The content of the test kit that you have received should be kept at room temperature for 15 minutes prior to use. You will also need a waste bin, and a timer (a watch or your cell phone) to be able to read the result after 15 minutes.
2. Wash your hands thoroughly before you start.
3. Place the content of the test kit on a clean and dry flat surface, such as a bench or a table.
4. Open the sealed packaging pouch and remove the test cassette and the desiccant bag found inside. Do not touch the round or the square area of the cassette. Make sure the cassette is unharmed and intact and place it on a clean, dry, and flat surface.

The desiccant bag contains many small beads to collect moisture. These beads should be yellow. Do not use the test kit if the colour of the beads have turned green. You will then need to receive a new test kit.

5. Remove the foil at the top of the tube with buffer and place the tube upright e.g. in a small cup. Make sure not to spill the liquid buffer.
6. Open the package containing the sterile swab. Do not touch the cotton tip at the end of the swab.
7. You should collect your sample from both nostrils. Start with the nostril that feels most dense. You will be using the same swab in both nostrils.
8. Tilt your head back slightly. Carefully insert the cotton tip of the swab approximately 2 cm into the nose. Rotate the swab 4 times inside the nostril, this should take about 15 seconds, before you carefully remove the swab. Repeat in the other nostril.

It is important that you follow the described instruction to get a correct test result.



test cassette



desiccant bag



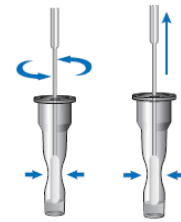
tube with buffer



left nostril

right nostril

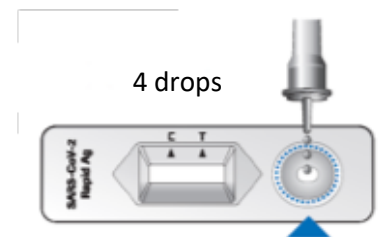
- Place the swab in the tube with buffer, with the cotton tip of the swab where you have collected your sample from the nose into the liquid. Gently squeeze the lower part of the tube while you rotate the swab at least 10 times inside the tube. Continue pinching the sides of the tube while you remove the swab, making sure all of the liquid is squeezed out of the cotton tip as you rotate and remove the swab from the tube. Discard the swab.



- Carefully close the tube with the dropper cap. Make sure the cap fits tightly.



- Turn the tube with buffer upside-down and allow 4 drops to fall into the round test area of the test cassette.



- Let the test cassette rest for 15 minutes. Set the timer and read the test result after 15 minutes.

- Collect all kit contents at the end of the procedure (after having read the test result) into a garbage bag and dispose in a regular waste bin.

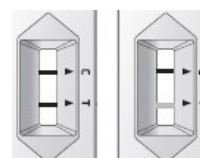
- Wash your hands and the flat surface where you have kept the kit contents.

Interpreting the test result

The result will appear as coloured lines inside the square area of the test cassette. Ensure sufficient light when reading the test result.

Positive test

If the test detects the presence of the corona virus, two coloured lines will appear. One line in the control area (C) and one line in the test area (T). All nuances of colour – even a faint line – visible in the test area should be considered as a positive test.



A positive test result means you probably have a corona virus infection. You will need to enter isolation and book an appointment for a PCR-test to be taken to confirm the test result. When booking the appointment, you should inform them of the positive result of your rapid self-test.

Negative test

If only one coloured line appears in the control area (C), the test result is negative with no corona virus detected. You will still need to follow the measures for infection control.



Invalid test

If no coloured lines appear in the control area (C), the test should be considered invalid. You will have to take another test with another test cassette.

