



Department  
of Health &  
Social Care

# Testing yourself for coronavirus

This is an easy read guide for  
people taking a  
coronavirus test at a GP.



**easy  
read**

# Contents

---



Department  
of Health &  
Social Care

**3** Introduction



**5** Taking the test



**7** Throat swab



**8** Nose swab



**10** Packing up your test



**11** Getting your results



**13** Useful phone numbers

# Introduction

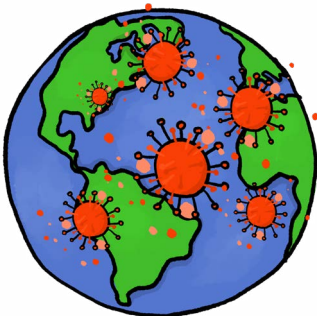


Department  
of Health &  
Social Care

This guide comes from the Government's Department for Health and Social Care.



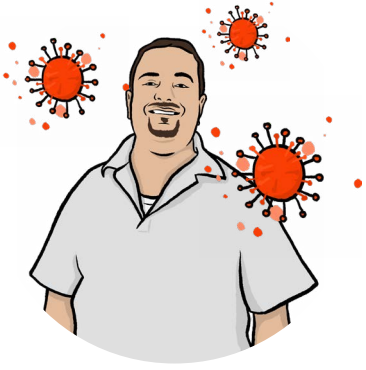
This is an easy read guide to help you understand the coronavirus test.



**Coronavirus** is a new illness that is spreading around the world. It is also called COVID-19.



We have a test for coronavirus. You can do the test on yourself.



## Coronavirus

You can have coronavirus and not feel sick.



Some people are very sick with it.



You may get a high temperature and a cough.



You might not be able to taste or smell things.

# Taking the test



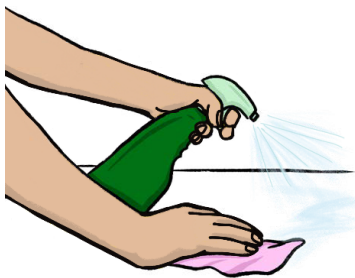
The test is very quick and it should not hurt.



If you have a runny nose, you should blow your nose with a tissue before taking the test.



Before you take the test, wash your hands with soap and water.

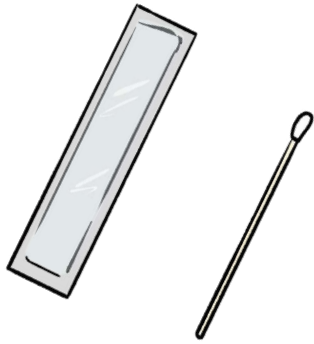


When you are ready, pick a clean, dry surface for the test kit. Unpack everything from the kit onto the clean surface.

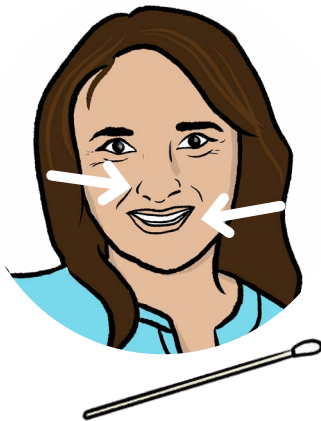


You will take the test from your throat and nose using a swab.

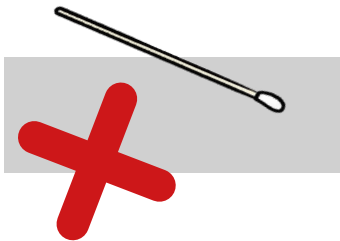
A **swab** is like a large cotton bud.



Open the package and gently take out the swab.



You will use the same swab for both your throat and your nose.

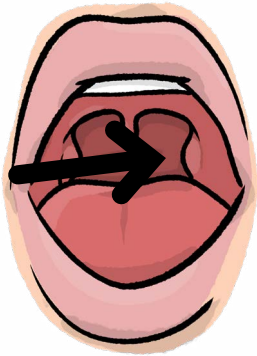


Do not let the tip of the swab touch anything except your throat and nose or it could mix up your results.

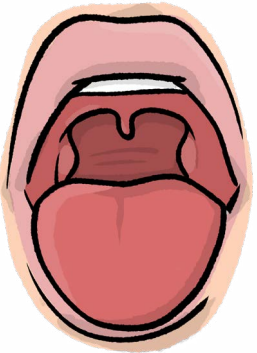
# Throat swab



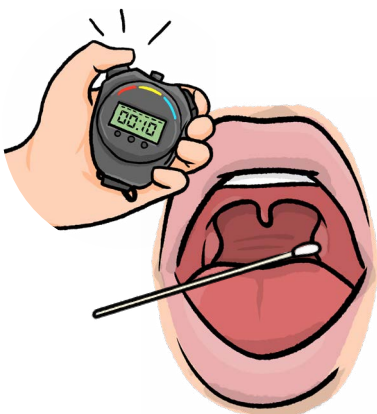
Use the swab to take a sample from your throat.



Look inside your mouth and find your tonsils. Your tonsils are the soft part at the back of your throat.



You need to open your mouth and stick out your tongue.



Gently rub the swab over the soft part at the back of your throat for 10 seconds.

You may gag, but it will not hurt. It may be a bit uncomfortable.

# Nose swab

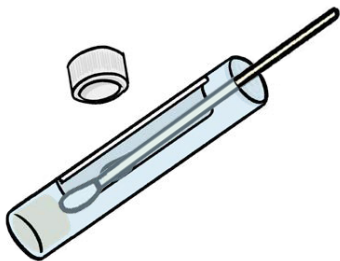


Use the same swab to take a sample from your nose.

Put the swab into your nose and push it gently upwards. It should not hurt so stop pushing it up further if it starts to hurt.



Gently turn the swab for 10 to 15 seconds. This will not hurt but may be a bit uncomfortable.

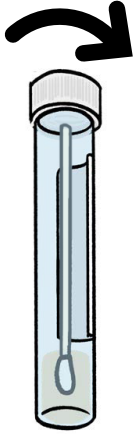


Put the swab into the plastic tube. The plastic tube is filled with a little liquid.

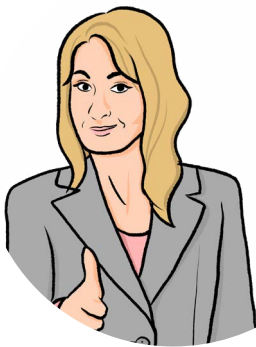


Snap off the end of the swab so that it fits into the plastic tube without bending.





Screw the lid of the plastic tube back on tightly.



That's it, well done. Now you need to pack up the test and give it to the staff member.

# Packing up your test



Place the plastic tube into the zip-lock bag with the **absorbent pad**.

An **absorbent pad** is a small piece of soft fabric.



Place the zip-lock bag into the **biohazard bag**.

The **biohazard bag** is the larger bag with a barcode on it.



Seal the bag using its silver seal.

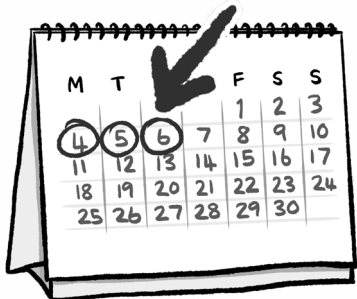


Give the biohazard bag to the staff member.

# Getting your results



You will not know the results straight away. The staff member will send your test off to the lab for testing.



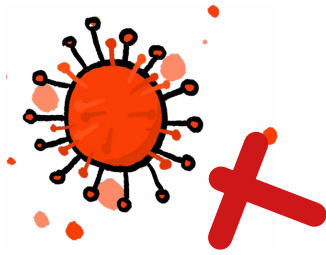
You will have to wait for your test results. This might take up to 5 days.



The results will come back by email or text.

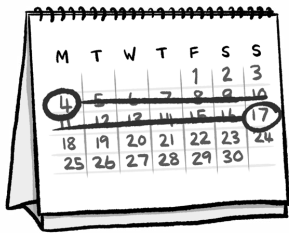


Sometimes the result from a test is unclear. If this happens you will be asked to take another test.



## If you do not have coronavirus

If the test shows that you do not have coronavirus, you do not need to do anything.



## If you do have coronavirus

If the test shows that you do have coronavirus, you must **isolate** for 14 days.



**Isolate** means:

- you must stay in your home



- you cannot go near other people



- you cannot go out

# Useful phone numbers



If you have any questions about your coronavirus test please call:

- **119** if you live in England, Wales or Northern Ireland
- **0300 303 2713** if you live in Scotland



If you feel worse, or you do not get better after 7 days:

- visit NHS 111 online at **[www.111.nhs.uk](http://www.111.nhs.uk)**
- or call **111**