

COVID-19 Self-swab

Before testing yourself for coronavirus, read this instruction carefully

Most people find it a little strange to take the test, but you can be quite confident about it. The test may tickle a bit and you may feel like taking the swab out of your nose. It is important that you complete the test to get accurate results. We will help you through the process by guiding you with a video. When you have to test yourself, a supervisor will be present. This supervisor is trained by Falck to help you test yourself.

1 – Checklist

- Make sure you keep distance from others
- Use a hand sanitizer (Wash your hands thoroughly if visible dirty)
- Clean the table on which the test is to be placed
- Write your name on the piece of paper and place it on the table
- Place your personal test kit on the table
- Unpack the test equipment, containing
 - swab
 - testing fluid
 - test
- If there is anything in the test kit which is broken or missing, ask for a new test

2 – When everything is ready

Start by using hand sanitizer

Now you need to perform the test on yourself as you have seen on video. The supervisor can help you.

- Do the test by putting the swap 2 cm into your nose
- Put the swap into the fluid and rotate
- Put the right amount of drops into the test

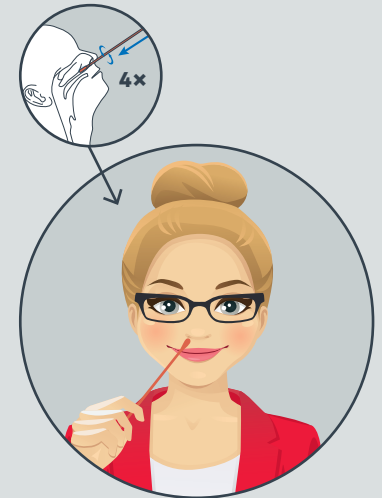
Note the time on the paper after taking the test. You have to track the time for your test. It is most often read after 15 minutes and before 30 minutes. When you are done and waiting for the result, use hand sanitizer. The supervisor can help you read the test result.

The test kit can not be reused and must be thrown out when the result is read.

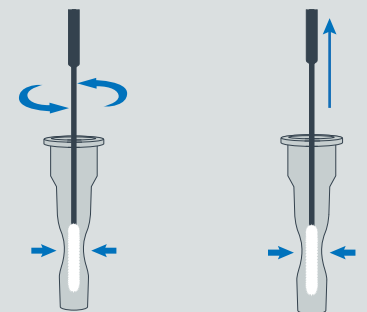
After throwing out the test kit, clean the table again and use hand sanitizer.

Link to instruction video

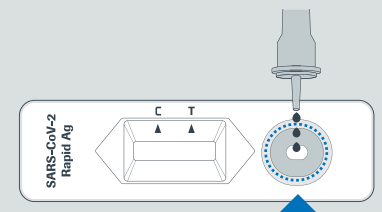
→ bit.ly/selvpodning2



Do the test by putting the swap 2 cm into your nose.



Put the swap into the fluid and rotate.



Put the right amount of drops into the test, the supervisor can help you.