

COVID-19 Rapid Self-Test Instructions

To perform this test correctly, it is imperative that you review this leaflet in addition to the online video on this Canvas site: <https://canvas.ox.ac.uk/enroll/KJNBXLX>

OVERVIEW

1. Take a swab sample (tonsils then nose)
2. Process the sample and apply it to the rapid test cartridge
3. Set a timer for 30 minutes
4. Read and record your result

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.

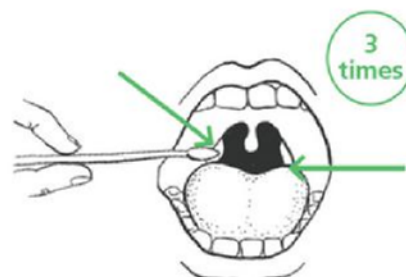
Wash your hands so that you don't contaminate the test kit.



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.



Please make sure that you have watched the instruction video under the following link: <https://canvas.ox.ac.uk/enroll/KJNBXLX>

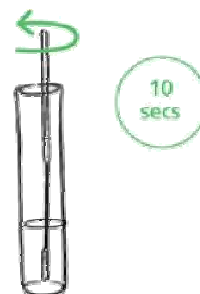
STEP 5

Unscrew the buffer solution pot.
Take the extraction tube and place 6 drops of the Buffer solution into the tube.
Try to avoid touching the tube with the bottle.



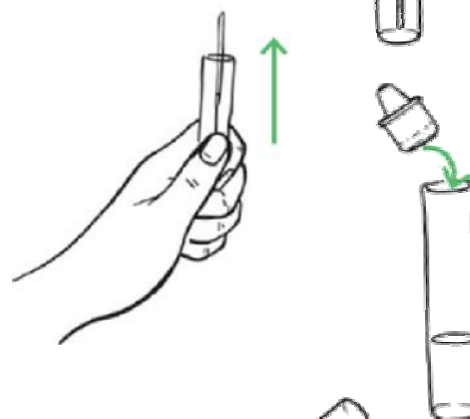
STEP 6

Place the fabric end of the swab into the tube. It is important you mix thoroughly.
Press the swab head against the edge of the tube with force, while rotating the tube for 10 seconds to squeeze as much fluid out as possible.



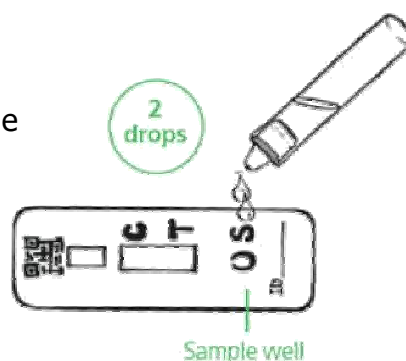
STEP 7

Take out the swab while squeezing the tube and fabric end of the swab and squeeze as much fluid out as possible.
Press the nozzle cap tightly on the tube.



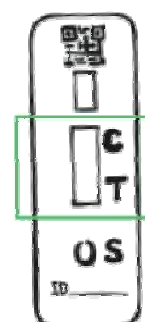
STEP 8

Apply 2 drops of the liquid on to the test strip to the well labelled with an "S".
Set a timer for 30 minutes and wait.



STEP 9

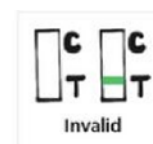
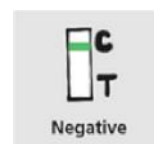
Read the result at exactly 30 minutes.
Leaving your test to the full development time is really important.
Do not read your results until 30 minutes. If a positive result appears after 30 minutes, it should not be interpreted as positive.



RESULTS:

C is the Control line. If the C line is not present (appears after c10 mins), then the test is invalid and should be repeated with a new test kit. This is independent of whether the T line is present or not.

The test is negative if only the C line is present.
The test is positive if both the C and the T (this could be a faint line) are present.



Please record results and details on the University Early Alert System:

<https://earlyalert.medsci.ox.ac.uk/earlyalert/>