

RGS Newcastle – COVID-19 Rapid Lateral Flow Test Instructions for Students

Step 1

Look inside your mouth and find your tonsils at the back of your throat. You may use a mirror or a phone for this. Your tonsils (or if you had them removed, where they would have been) are where you will swab your sample.



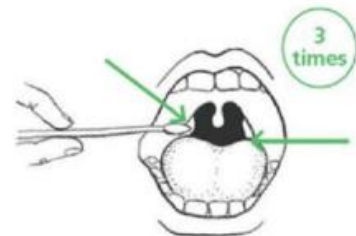
Step 2

Gently blow your nose into a tissue to get rid of excess mucus.



Step 3

You'll be handed a test package, remove the swab. Holding the stick of 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 swab gently into one nostril until you feel a slight resistance (about 2.5cm). Roll the swab at least five times (for about 10 seconds) along the inside of the nostril.



Step 5

Hand the swab to a testing volunteer, who will process the swab.