

HOW TO TAKE A SELF-TEST SWAB ?

! Self-tests are intended for people who do not have symptoms and are not contacts. A form must be filled out prior to self-testing.

1 Wash your hands, then remove the items from the box.



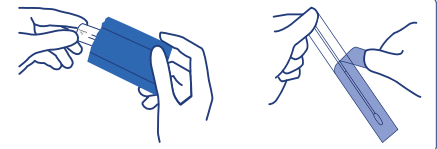
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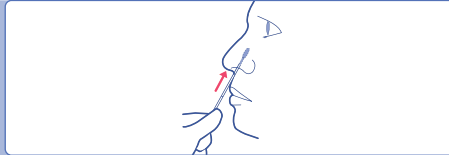
Remove the cap from the tube containing the test solution and place the tube in the extraction holder.

3

Take the test strip out of the packaging. Then remove the nasal swab from the wrapper.



4



Gently push the swab 2 to 3 cm vertically into one of the nostril.

5

Tilt the swab and insert it a little until you feel a slight resistance.



6



Rotate the swab into the nostril.

7

Wring the swab in the solution for 10 seconds and close the tube with its cap.



8



Place 4 drops of the solution in the well of the test strip. Wait 10 to 15 minutes before reading the results.

9

If the result is **NEGATIVE**, contact the mediator to register your result and recover your test certificate.

If the result is **POSITIVE**, self-isolate and a PCR test performed in a medical laboratory will be required as soon as possible.

