NHS
Test and Trace

Cambridgeshire County Council

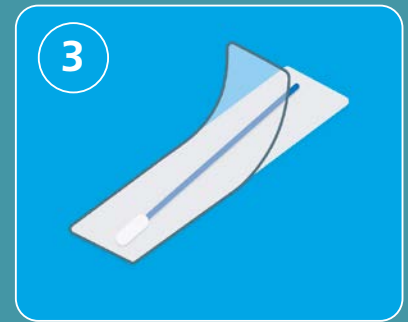# Simple, Fast, Self-Swab
Your step by step guide

If you are confused at any point, please wave at the helpers who are standing behind you.
Avoid asking those on the other side of the see-through wall for help.
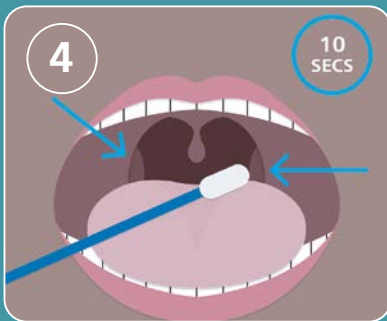
1 Before you begin, check you have a sealed swab, a registration card and a barcode
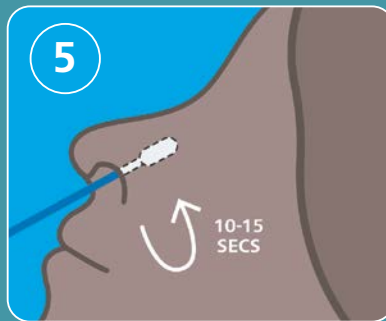
2 Use the mirror to look at the back of your throat, then gently blow your nose with a tissue, disposing it in the bin provided
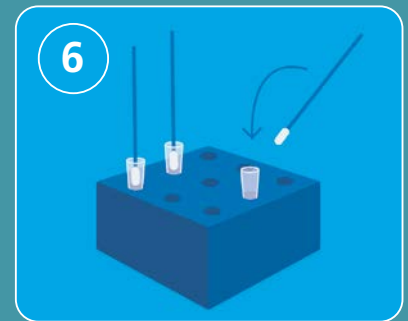
3 Sanitise your hands then open your swab packet, being careful not to touch the fabric tip - ask a helper for scissors if needed

4 10 SECS — Gently twist the swab tip against your tonsils (or where they used to be) for 10 seconds and remove without touching your cheeks, lips or gums

5 10-15 SECS — Put swab tip into 1 nostril until you feel slight resistance and rotate 5 times (about 10-15 seconds)

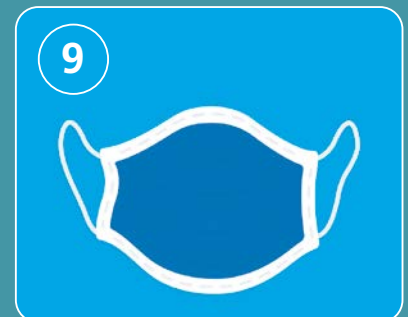**6** Place the swab (fabric tip first) directly into the tube on the test tube rack in front of you

7 Attach your barcode to the registration card and register using your device or the device provided
Scan or type in barcode and skip NHS number if you do not know it

8 Dispose of all rubbish and clean entire booth, including mirror, table, device, bin, seat and scissors (if used)

9 Put on your face covering, sanitise your hands and leave test area, taking your registration card with you

(!) For updates and advice please check our websites which will be regularly updated **www.cambridgeshire.gov.uk** and **www.gov.uk**