

# Four easy stages of a rapid COVID-19 self-test

**NHS**  
Test and Trace



**1** **Set-up:** sanitise testing area and hands, unpack kit, read instructions



**2** **Swab:** throat then nose



**3** **Process test:** place swab in liquid in tube, squeeze liquid onto test device



**4** **Read result:** ensure test device is on a flat surface, wait and read result at 30 minutes