

# What happens during the COVID-19 test?

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Tests will be conducted in the Conservatory area of our Turnchapel site **between 2pm and 3pm daily**. The door is in the entrance foyer and will have a sign accordingly.

You will be asked to gel your hands with sanitiser and wear a surgical mask (provided by St Luke's) when you enter the building. Please note, **only one person at a time will be able to enter the testing area**. There may be a short wait before you are able to have your test.

When you arrive for your test, the member of staff will give you a card that contains the website address where **you will need to register your test result**. The card will contain your test barcode number which will be needed to complete registration.

You will be given a packaged swab, and will be asked to **take your own throat and nose swab**, supervised by a member of staff. They will be able to offer guidance, and full instructions are available in the test area. The test takes about 30 seconds to do.

Once you have given your swab to the member of staff, **you will be asked to wait outside/in your car**, and return **after 30 minutes** to obtain your test results.

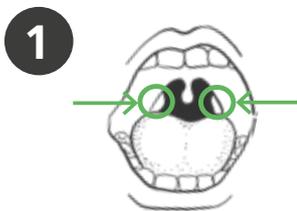
Once you have received your test result, you will need to register your test kit online with your own mobile device, or as soon as possible via a computer/tablet. Please let the member of staff know if you are unable to do this.

**Please see reverse for self-swabbing instructions**



# Self-swabbing instructions

You may remove your face mask to self-swab.



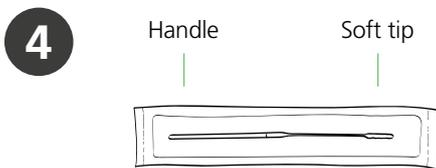
Using the mirror to help, look inside your mouth, and find your tonsils at the back of the throat. Your tonsils or where they would be (if they had not been removed) are where you will swab your sample.



**Gently blow your nose into a tissue**  
Throw the used tissue into the clinical waste bin provided.  
This is so that you get rid of excess mucus.



**Use hand sanitiser to clean your hands.**  
This is so that you do not contaminate the test kit.



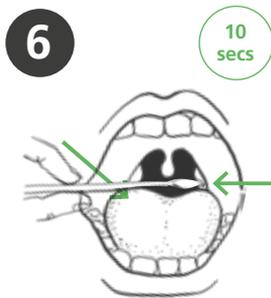
**A member of staff will hand you a packaged swab.**  
Identify the soft, fabric tip of the swab.



**Peel open the package from the handle-side of the swab and gently take it out.**  
This will be used for both throat and nose. Do not touch the soft tip of the swab.

**Note: Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab.** The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

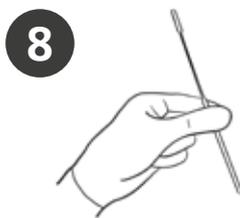
**The swabbing may feel uncomfortable.** Do not insert the swab any deeper if you feel strong resistance or pain. If there is blood or vomit on the swab sample, please alert a member of staff.



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 3 times** (use a mirror to help you do this). Carefully remove the swab stick from the back of your throat.



Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose). Roll the **swab 5 times** along the the inside of the nostril.



**After collecting the sample hold the swab upright in your hand, do not put it down, and notify a staff member.**  
Be careful not to touch any surfaces with the swab.

You are ready to hand back your swab.

Please notify a member of staff and use hand sanitiser after handing in your sample. Put your face mask back on for the rest of your visit.

