SELF TESTING MADE EASY FOR COVID WITH i-HEALTH TEST

TESTING SUPPLIES:

* COLLECTION SWAB
* MIXING TUBE
* TEST CARD

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| Items in test kit packageFigure 1 COLLECTION SWAB Figure 2 Test kit box Figure 3 TEST CARD Figure 4 Mixing Tube  |

STEP ONE: **SWAB 5 times each nostril**

Brush against the inner wall of both nostrils 5 times each in a circular motion with a non-invasive nasal swab. Our nasal swab is soft, highly absorbent, and only needs to be inserted ½ - ¾ inches so you can test yourself comfortably.

STEP TWO: **DIP and STIR 15 times in mixing tube**

Insert the swab with the sample into the bottom of the tube and stir it in the fluid 15 times. Squeeze the sides of the tube around the swab as you pull it out.

STEP THREE: **DRIP X 3 ON TEST CARD (remove the clear plastic tip to allow the drips to come out)**

Put 3 drops of the mixed solution onto the sample port of the COVID-19 test card.



**WAIT 15 MINUTES**

Start the timer, or check your watch



Negative result:

 C T

|  |  |
| --- | --- |
|  |  |

POSITIVE RESULT:

 C T

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| --- | --- | --- |
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SHOW YOUR RESULTS TO THE RECEPTIONSIST

DISCARD ALL MATERIALS AND PERFORM HAND HYGIENE