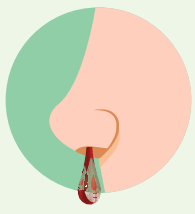


# SELF-SWAB INSTRUCTIONS



## DO NOT PROCEED IF:



Nosebleed  
in the past  
24 hours



Nasal surgery  
in the last  
4 weeks



Facial injury  
in the last  
8 weeks

## SWABBING PROCEDURE

**1** Please clean your hands before starting the test.



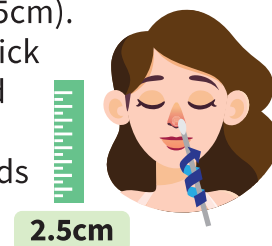
**2** Before starting the test, please take out one swab stick, one reagent tube and one cartridge. Loosen the cap of the reagent tube and take out the cartridge from its packaging.



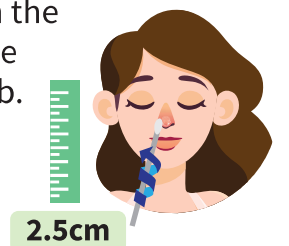
**3** Remove swab stick from package.



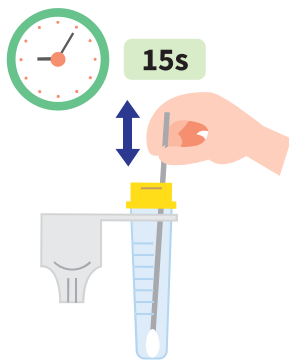
**4** Insert the swab stick into the nostril (~2.5cm). Twirl the stick 5 times and leave it in for 5 seconds



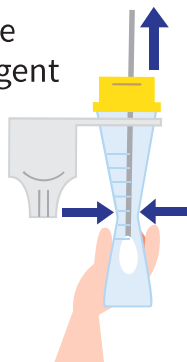
**5** Repeat for the other nostril with the same swab.



**6** Insert swab stick into the reagent tube. Plunge the swab up and down for 15 seconds.



**7** Squeeze the reagent tube when extracting the swab.



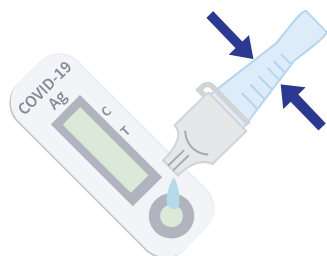
**8** Close the cap of the reagent tube firmly. You should hear a "click" sound.



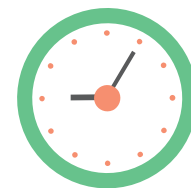
**9** Use your finger to gently tap the side of the tube a few times. This helps to mix the solution.



**10** Place 3 drops onto the sample well of the test cartridge.



**11** Wait for 15mins before checking the results on the test cartridge. Please keep the cartridge on a flat surface during this time.



15 MINS

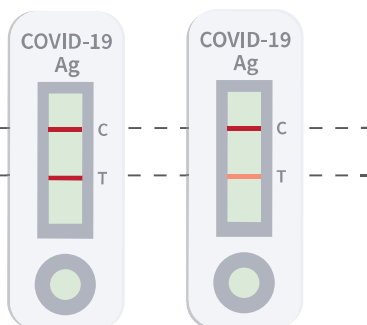
**12** Read the results on the test cartridge.  
**If you see a line appearing at both the "C" and the "T" position, this indicates a positive test. Please call the hotline number immediately.**

**If you see a line appearing at only the "C" position, this indicates a negative test.**

**If you see a line appearing at only the "T" position, the test is invalid. Please repeat the test on another test kit, and inform the GQF staff if you need more test kits.**

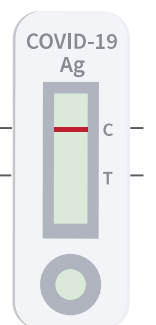
### POSITIVE

"C" Control Line  
"T" Test Line



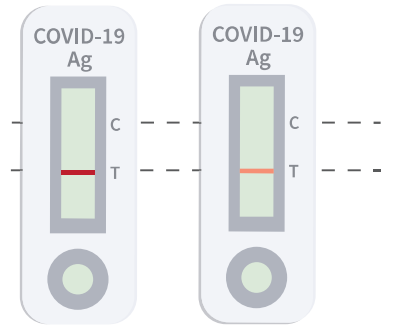
### NEGATIVE

"C" Control Line  
"T" Test Line



### INVALID

"C" Control Line  
"T" Test Line



**13** Dispose all used swab sticks, reagent tube and test cartridge into the biohazard bag.



**14** Clean your hands after the test.



You may also refer to this QR code for video instructions



<https://go.gov.sg/art-instructions>



MINISTRY OF HEALTH  
SINGAPORE