



Step by Step Guide to Lateral Flow Testing



Please follow this guidance

Step 1	Please use the hand sanitiser
Step 2	Please use a tissue and blow your nose thoroughly. Dispose of the tissue in the bin provided.
Step 3	Please use the hand sanitiser again
Step 4	Take the swab from Testing Assistant – holding the tip firmly Place the swab at the side of the back of your throat. Wipe it three times against both tonsils – see poster for picture This will take approximately 10 seconds Take out swab and place it up one of your nostrils as far as is comfortable – about 2cms up your nose. Wipe it against the side of your nostril Remove the swab
Step 5	Tell the Testing Assistant that you have finished. The Testing Assistant will show you the test tube to put your swab into.
Step 6	Please use the disinfectant spray and clean your testing bay thoroughly. Use the hand sanitiser again Put your Face mask on and leave the Hall using the Exit Door