

COVID-19 Priority test home instructions

Important

You have received this home PCR test kit because your medical records show you may be suitable for new treatments if a test confirms you have coronavirus (COVID-19).

Only use this test if you have COVID-19 symptoms.



Do not use this Priority PCR test kit if you are **going into hospital for a procedure**. Your hospital or health board will arrange a COVID-19 test.



Important

Register the test kit online just before taking your test.



This test must **only be used** by the person it is addressed to.

Test kit barcode:

Name

Keep this booklet as a record of your test

What you need to do



Return your test the same day you take it

Your step-by-step guide

Read through the instructions and follow the steps in the correct order. The preparation and test will take about 30 minutes.

Inside this booklet

What you need to do	2
General guidance and warnings	4
Choose how to return your test kit	6
Register the test kit online	8
Doing a test on yourself or someone else	9
Set up your test	10
Check test kit contents	11
Take your swab sample	12
Package the test kit	15
How to assemble the return box	16
Return the completed test kit	17
Your test result	19
Get help to take your test	20



Do not eat or drink for at least 30 minutes before doing your test to reduce the risk of spoiling the test.



Wash your hands for **20 seconds** before you handle the test kit.

Who this test is suitable for:



Adults

Adults aged 16 and over, self-test (with assistance if needed)



Young people

Young people aged 12 to 15, self-test with adult supervision (and assistance if needed)



Children

Children 11 and under, adult to test

Warning

Failure to follow the instructions in this booklet may affect the performance of the test and may give an inaccurate or void result.

General guidance and warnings



Do not use if package arrives damaged, is missing components or is within 7 days of its use-by date.



This device is for **single use only**.



Store out of the reach of children.



These kits are designed for human use only.



Do not use excessive force or pressure or bend the swab when collecting swab samples, as this may break the swab.



Clean spills from the plastic tube using paper towels and household cleaner.



Get medical advice if the solution is accidentally swallowed, or comes into contact with the skin, mouth or eyes.



If you have a **nose piercing** swab the other nostril. If pierced on both sides, remove the piercing on one side before swabbing that nostril.



If you have had a **nosebleed** within the last 24 hours, swab the other nostril or wait 24 hours.



If there is a reason you **cannot take a throat swab**, swab both nostrils instead.



If there is a reason you **cannot swab your nose**, swab your throat only.



If you have problems with your hands or vision, you may need someone to assist you with the swabbing and testing process.

Choose how to return your test kit

Important

To return your test kit, you can either use a **Royal Mail Priority Postbox** or **Book a courier** (call **119** by 7pm to guarantee collection the next day).

If you are taking your test on a **Saturday, Sunday** or **Bank holiday**, call **119** to book a courier by 7pm the day before.



Fastest way

Use a Royal Mail Priority Postbox

Post the test an hour before the last collection.

Find a priority postbox and check the collection times.

Download and use the Royal Mail app or visit: royalmail.com/services-near-you



If you are unable to post your completed test kit yourself, you can ask someone else to post it for you.



Booking a courier

Call the contact centre on **119** to book a next day courier collection and for guidance on when to take your test.

You should request a courier collection if you are:

- Taking your test on a Saturday, Sunday or Bank holiday.
- Not able to post your test at least an hour before the last priority postbox collection.
- Too unwell to leave your home.
- A resident of the NHS Highland area and do not have access to a priority postbox.



Important

If you book a courier for a morning collection slot, you need to take your test by **7am**.

Register the test kit online

Important

Register the kit just before you take the test

You must register the test kit online to get the test results.

To register online, visit:

test-for-coronavirus.service.gov.uk/register-kit



You'll need your:

Mobile number we can send the result to

NHS number (England and Wales)

CHI number (Scotland)

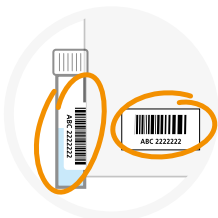
H&C number (Northern Ireland)

Postcode

13-character Royal Mail barcode number from the prepaid return label. Enter numbers and letters only and not the #hashtag

11-character test kit barcode number. This is on the front page of the instruction booklet, plastic tube, leakproof bag and return box

You can find your **NHS number** at the top of NHS letters or go to: nhs.uk/nhs-services/online-services/find-nhsnumber/



Important

Get help to register your test

If you cannot use the online service, call **119** (free from mobiles and landlines). Lines are open every day, 7 am to 11pm. **119** provides support in 200 languages

Doing a test on yourself or someone else

Warning

If you cannot do the test, everyone in the household needs to follow the current government guidance.

nhs.uk/conditions/coronavirus-covid-19/



Follow the guidelines on how to prepare and test yourself or a person who requires assistance.

You can watch a demonstration video at: gov.uk/pcr-home-test



Warning

Do not delay getting help if you feel very unwell and are worried.

England: Dial **111** or visit 111.nhs.uk for help and advice.

Scotland: Dial **111** or visit nhsinform.scot

Wales: Dial **111** or visit 111.wales.nhs.uk for help and advice.

Northern Ireland: Contact your GP or your GP Out of Hours service.

For a medical emergency dial **999**.



Set up your test

Important

Wash your hands thoroughly for **20 seconds** using soap and water or hand sanitiser before handling the test kit to avoid contaminating it.

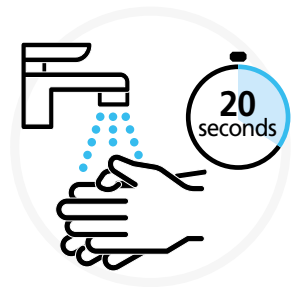
You will need: tissues, surface cleaner, hand sanitiser or soap and warm water.



- 1 Read this instruction guide carefully.



- 2 Clear, clean and dry a surface and place the home test kit contents on it.



- 3 Wash your hands thoroughly for 20 seconds, using soap and warm water or hand sanitiser.

If more than one test is being done, clean the surface and rewash your hands between each test.

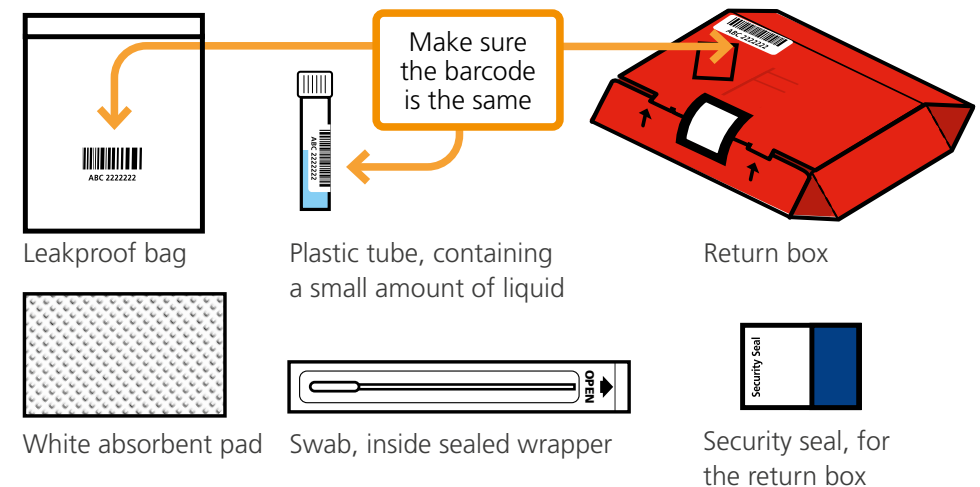
Check test kit contents

Warning

Check the use-by date [YYYY-MM-DD] on the label on the inner test kit package. Do not use the test device after, or within **7 days** of its use-by date.

- 4 Your test kit should have these items: An 11-character barcode number on the instruction leaflet, plastic tube, leakproof bag and return box. Make sure the barcode number is the same on all these items.

Note that some components may differ from the picture.



Warning



What to do if something is damaged, broken or missing

If anything is broken or missing, or if any barcodes do not match, or if the test kit's use-by date has expired, or expires within 7 days, do not use the kit.

Call the contact centre on **119** to order a new test kit.

Lines are open every day, 7am to 11pm.

Take your swab sample

Warning

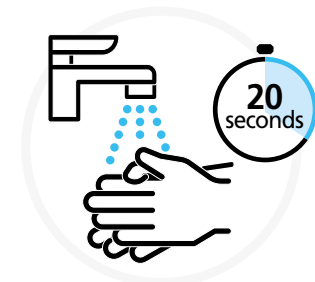
Try not to touch your tongue, teeth, cheeks, gums, or any other surfaces with the swab's fabric tip, as this may spoil your sample. If this does happen, complete and return the test anyway.



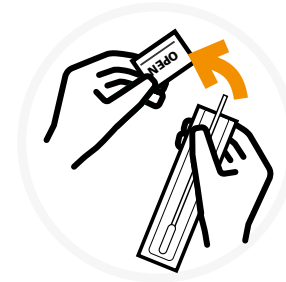
- 5** Look inside the mouth and find the tonsils at the back of the throat, or the area they would have been if your tonsils have been removed.



- 6** Gently blow the nose into a tissue so excess mucus does not spoil the test.
- Throw the tissue away in a bin.



- 7** Wash your hands thoroughly for **20 seconds** using soap and warm water or hand sanitiser before handling the test kit to avoid contaminating it.



- 8** Open the package and gently take out the swab. Be careful not to touch the fabric tip with your fingers.

You will use this for both tonsils and nose.

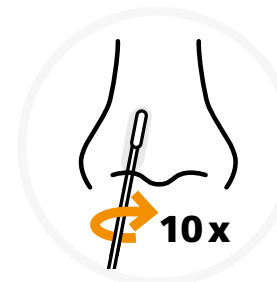


- 9** Hold the swab in your hand, open your mouth wide and tilt your head back.

Gently rub the fabric tip of the swab over both tonsils (or the area they would have been, if your tonsils have been removed).



- 10** Do this with good contact 4 times on each side. Carefully remove the swab.

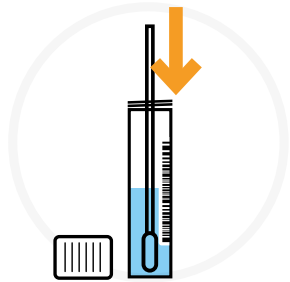


- 11** Put the same end of the same swab gently into the nostril about 2.5cm or until you feel some resistance.

Roll the swab firmly around making 10 complete circles, no force is needed. Carefully remove the swab.

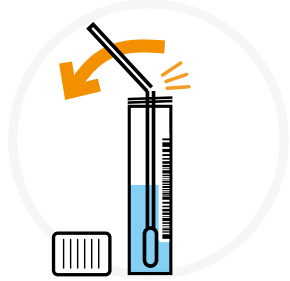
If you have a piercing, use the other nostril.

Package the test kit

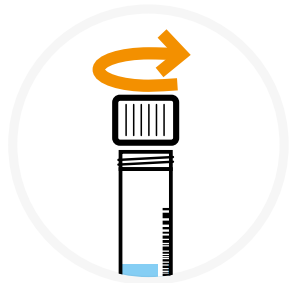


- 12** Unscrew the lid from the plastic tube, while keeping it upright so the liquid stays inside.

Put the swab into it with the fabric tip facing down.



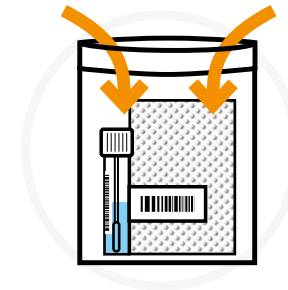
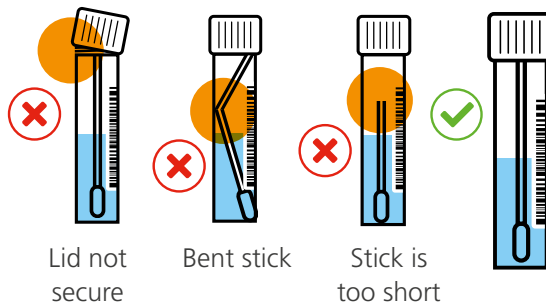
- 13** Snap off the stick end of the swab, so that it fits inside the tube without bending.



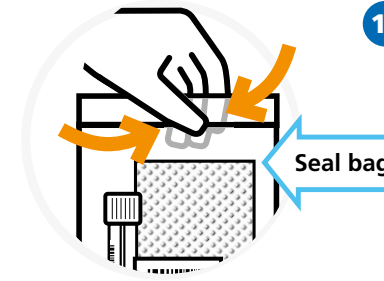
- 14** Securely screw the lid on so no liquid can leak.

Important

The liquid must stay in the tube.



- 15**
- Place the absorbent pad into the leakproof bag.
 - Put the tube next to the absorbent pad in the same bag.

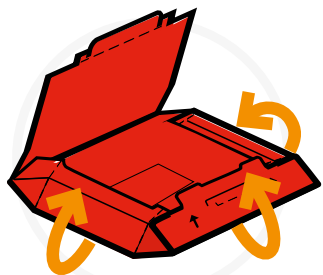


- 16**
- Let some air out of the leakproof bag and then seal it using its adhesive seal.
- Make sure that it is sealed properly.

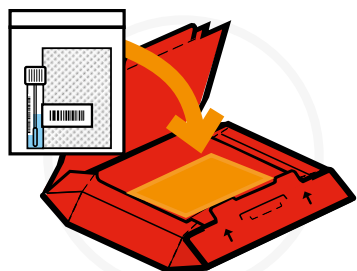


- 17**
- Wash your hands thoroughly for **20 seconds** using soap and water or hand sanitiser.

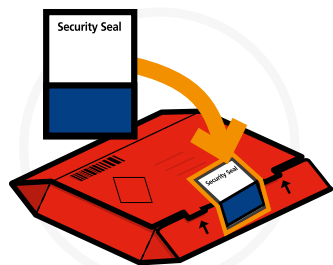
How to assemble the return box



- 18
- Follow the assembly instructions on the return box.
 - Fold both the sides upwards and inwards towards the centre.



- 19
- Fold the bottom part of the lid towards the centre on top of the sides.
 - Put the sealed leakproof bag containing the plastic tube and absorbent pad into the box.



- 20
- Close the box.
 - Apply the Security seal as shown to close the box securely.
 - Take a picture or note of the barcode number, so you can track the delivery.



You are now ready to post your test kit
Dispose of any remaining test kit parts in your household waste.

Return the completed test kit



Return your test the same day you take it



Fastest way

Use a Royal Mail priority postbox

Post the completed test kit or ask someone to post it for you, **on the same day** you take the test and **no later than 1 hour before** the last collection time.



PRIORITY POSTBOX
SATURDAY & SUNDAY

BLWCH POST BLAENORIAETHOL
**DYDD SADWRN
A DYDD SUL**

Only use a Royal Mail priority postbox with the label and one of the NHS logos shown.

Some priority postboxes have a **Sunday collection**, which will be clearly labelled on the postbox.

Your test result

If symptomatic, you should wear a face covering and try to avoid contact with others.

Follow the latest government guidance
gov.uk/coronavirus or call 119



Track your delivery using your Royal Mail return label barcode number at
royalmail.com/track-and-trace



Courier collection

If you have booked a courier collection, your completed test kit will be collected in the arranged morning or afternoon time slot.

If the courier **does not arrive**, call 119 for advice.



Give feedback about your test or report harm

If you are harmed by a device or have feedback about your test kit, reporting it could help others.

Go to: gov.uk/covid-19-test-feedback or call 119



Important

You should get the results by email and text within **2 days** of returning the kit.

Call **119** if you do not get your results within 48 hours. Tell the operator that you took a priority test and if your result is positive, you may get new treatments.

If your PCR test shows that you have COVID-19

England

Wales

Northern Ireland

Scotland

The NHS may contact you to arrange a telephone appointment with a medical professional, who will discuss what treatments are suitable for you.

After receiving your positive PCR test result
if you are not contacted about treatment after

24
HOURS

contact your **GP surgery** or call **111** (during evenings and at weekends).

48
HOURS

contact the **hospital team** responsible for your care or call **111**.

24
HOURS

contact your **GP surgery** (or their out of hours services – during evenings and at weekends).

They can make an urgent referral.

For information on how to access COVID-19 treatments in Scotland go to:
nhsinform.scot/covid19treatments



If you are unable to access the link, phone the NHS COVID-19 Information Line:
0800 028 2816

Get help to take your test




You can use the free **Be My Eyes** app to get help from trained NHS Test and Trace staff.

Download the app, go to **Specialized Help** and select **NHS Test and Trace** in the Personal Health category.

If you need help, call **119** (free from mobiles and landlines). Lines are open **7am to 11pm** every day.

Supply of this device is only permitted as part of the UKHSA deployment under the NHS Test and Trace programme.

 **Manufacturer:** UK Health Security Agency, Nobel House, 17 Smith Square, London, SW1P 3HX

Index of symbols

	Temperature limit		Caution		Date of manufacture		Do not re-use
	Lot number		Use-by date		Manufacturer		In vitro diagnostic medical device
	Keep away from sunlight		Consult instructions for use		Keep dry		Do not use if package is damaged
	Biological substance category B		UK Conformity Assessed				