Aneurin Bevan University Health Board

Self Testing with a Lateral Flow Device

Step 1) Register your details using the QR code or website link on the Lateral Flow device box.

Step 2) Blow nose and wash hands thoroughly for 20 seconds using soap and warm water. Clean and dry a flat surface and check contents to ensure you have all the necessary equipment to perform the test.

Step 3) Unscrew the small top cap on the extraction buffer pot. Do not unscrew the bigger lid as you will not be able to use it as a dropper. Place 6 drops only of the extractor buffer into the extraction tube.

Step 4) Open the swab package and insert into nostril. The swab tip should be inserted 2 cm (1 inch). Roll the swab for 10 seconds in each nostril.

Step 5) Add the fabric end of the swab into the extraction tube. Press the swab head against the edge of the tube for 10 seconds. After the 10 seconds, gentle squeeze the tube and fabric end to the extract as much fluid as possible.

Step 6) Press the nozzle cap tightly on the tube to avoid any leaks. Turn the tube upside down and lightly squeeze two drops onto the specimen well - (the small circle hole labelled with an 'S')
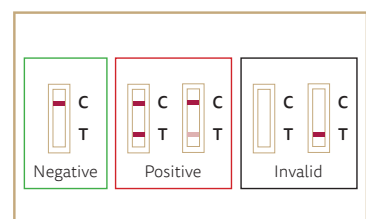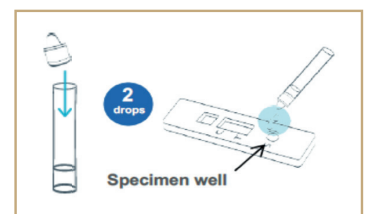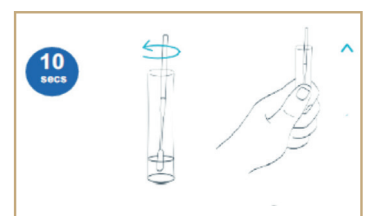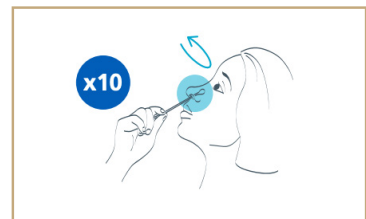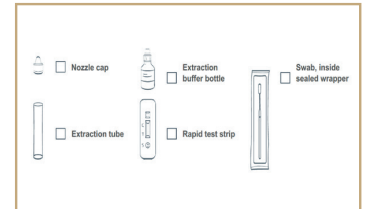
Step 7) The results take 30 mins to display. Please submit your results after each test using the second QR code or website link on top of the lateral flow device box.

Interpretation of results:

Line C must be present to have the valid results

C = Internal Control

T = Test

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How to use a QR Code

Step 1)

The camera on your phone may automatically scan the QR Code if you hover your phone camera over the code with your camera on. If this does not work; you should **download and install** a free **QR Code Reader** to your smart phone. (Search on the App store.)

Step 2)

Once you have a **QR Code reader** installed, you're ready to scan your first **QR code**. Doing so is easy.
A **QR code** looks like this box on the right -->

Step 3)

Open the **QR Code** reader on your phone.

Hold your over device the square **QR Code** so that it's clearly visible within your smartphone's screen -->

Two things can happen when you correctly hold your smartphone over a **QR Code.**

- The phone automatically scans the code.
- On some readers, you have to press a button to snap a picture, not unlike the button on your smartphone camera.

If necessary, press the button.

Your smartphone reads the code and takes you to the intended destination. This doesn't happen instantly, it may take a few seconds on most devices.