

NASAL SWAB SELF-TEST USER GUIDE - AUTOTEST

What is the nasal swab self-test?

The self-test is a test that you do yourself in your nose.

- This test detect if you have caught COVID-19.
- You must do this test quite often: once or twice a week.

To use this test you must:

- **Not have any symptoms, such as a fever or headache.**
- Not have been exposed to someone with COVID-19.

If you have symptoms, or you have been in contact with someone who has COVID-19, you can perform an autotest or you can also undergo a PCR test at a laboratory, a private clinic or a public hospital.



How to perform your nasal swab self-test

Step 1:

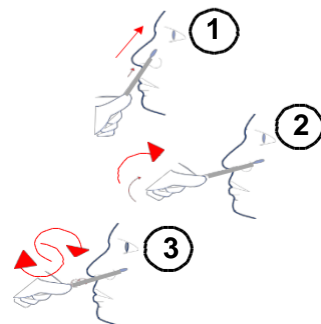
Wash your hands with soap and water, or sanitise them with hydroalcoholic gel.

Take all the pieces out of the box and put them on a flat, well-cleaned surface.



Step 2:

- **Insert the swab 2 to 3 centimetres deep up into one nostril.**
- **Gently raise the swab to horizontal.**
- **Stop when you feel a slight resistance.**
- **Rotate the swab in the nostril. Repeat in second nostril.**



Step 3:

Now you need to read your results from the cartridge:

(+) Two coloured lines, one at **C** and another at **T**: the test is positive

(-) One coloured line at **C** only: the test is negative

(X) The test is invalid if there is no line or only one coloured line at **T**. The test must be repeated.



Step 4:

Place everything in a bin bag, tie it, put it in a closed bin and wash your hands.



What you should do if your test is positive

Immediately undergo a PCR test, at a laboratory, a private clinic or a public hospital.

Self-isolate to protect others

Notify anyone who lives with you that they also must self-isolate and test themselves with an autotest.

Notify anyone else with whom you have been in contact with. Self-isolate for 10 days following the test.



Call 8924 and the Ministry of Health will tell you what to do.

Monitor your health and keep contact with your doctor on phone.

If you have difficulty breathing or shortness of breath, immediately call 8924 or SAMU.



Follow protective measures for seven days after the end of the self-isolation period.

What you should do if your test is negative

Continue to follow protective measures.

In the event of any doubt, or if you begin to have symptoms, perform a new autotest.



What you should do if your test is invalid

Start a new autotest with a new test kit.