

# How to **collect your own PCR** sample

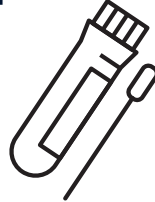


\*Before you begin, make sure the space is well ventilated, there is no-one less than 2 m away from you and that the information on the request is correct.

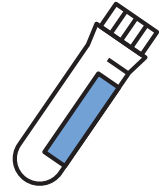
1/ Wash your hands



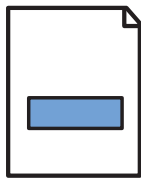
2/ Take the equipment (swab and test tube) out of the wrapper



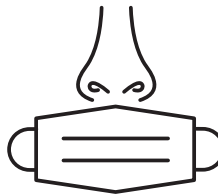
3/ Stick the label on the tube in a vertical position



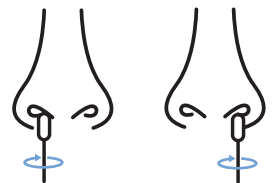
4/ Stick the other request label on the request sheet



5/ Lower your mask enough to uncover your nostrils



6/ Insert the swab roughly 2 cm into each nostril

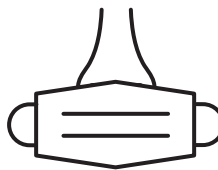


\*You may experience some discomfort

7/ Rotate the swab, rubbing the nasal sidewalls for 5 seconds



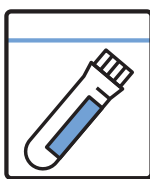
8/ Withdraw it carefully and raise your mask



9/ Place the swab inside the tube, snap it off at the breaking point and cover the tube



10/ Place the tube inside the bag and put the bag in the sample collection box



11/ Disinfect the table and wash your hands again



Access a **tutorial video** with this **QR code**

