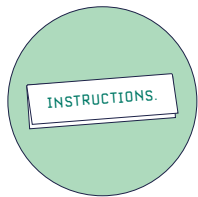
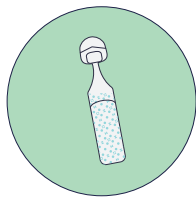


# INSTRUCTIONS

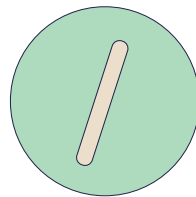
## THE TEST CONTAINS:



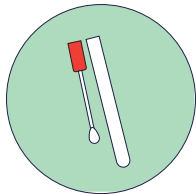
INSTRUCTIONS



AMPOULE WITH  
SALINE SOLUTION



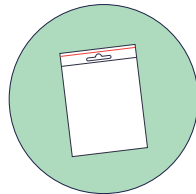
TONGUE DEPRESSOR



SAMPLING SWAB



TUBE FOR SALIVA



ZIP BAG

# Self-test COVID-19

Hi! This is Dynamic Code's self-test kit for COVID-19. The test takes just a few minutes to complete and is then sent to our lab for analysis. You will receive the test result via 1177.se. Read more about how it works in your area on 1177.se.

→ When you have taken the test, you should hand it in the same day.

## PREPARATION



### 1. READ THROUGH THE INSTRUCTIONS

Begin by washing and drying your hands thoroughly or cleaning them with hand sanitiser.

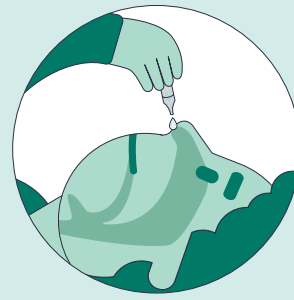
Read through all the instructions before you begin the test, so that you do not miss anything important.



### 2. CHECK PERSONAL INFORMATION

Take the sampling swab and check that all of your personal information on the label is correct.

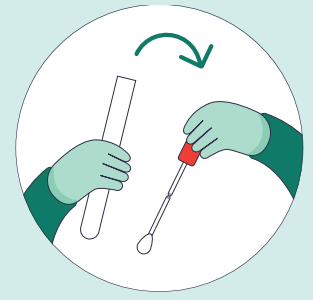
If your personal information is incorrect, please contact the place from where your test kit was collected.



### 3. WASH YOUR NOSE WITH THE SALINE SOLUTION

- If you have a runny nose, blow it first.
- Unscrew the seal at the top of the saline solution ampoule. Tip your head back and drip roughly half of the solution in one nostril. Drip the rest in the other nostril.

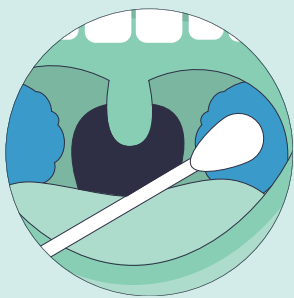
Wait a moment (10-15 seconds) for the solution to begin working, and let it pass through the throat.



### 4. PREPARE FOR SELF-TESTING

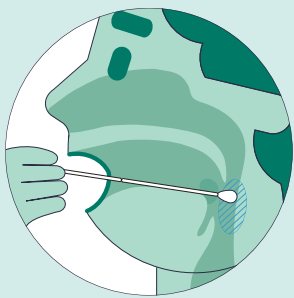
- Take the sampling swab.
- Make sure you have a mirror or a mobile phone with a camera, in order to be able to see down into the throat.
- Unscrew the test tube top. Be sure not to touch the soft part of the sampling swab.

## SAMPLE COLLECTION



### 5. TAKE SAMPLES FROM YOUR TONSILS AND THROAT WALL

- Look in the mirror. Tip your head back slightly and open your mouth wide to get a clear view of your tonsils.
- Use the tongue depressor to hold the tongue away from the back-most part of the mouth.
- Rub the sampling swab on your tonsils on both sides for 5-7 seconds. Try to avoid touching other parts of the mouth.

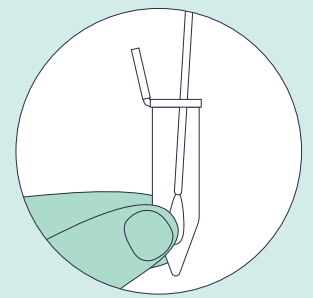


- Now push the swab past the tonsils, to the wall of the throat. Scrape and rub the swab against the mucous membrane for 5-7 seconds. The gag reflex means that you are in the right place.
- Continue with step 6, without putting the sampling swab down in-between the steps.



### 6. TAKE SAMPLES FROM YOUR NOSE

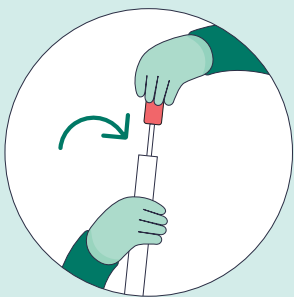
- Push the soft part of the sampling swab 2-3 centimetres up in one nostril and rotate it against the wall of the nostril for 5-7 seconds.
- Repeat the sample collection in the same way in the other nostril.
- Continue with step 7, without putting the sampling swab down in-between the steps.



### 7. DIP IN SALIVA

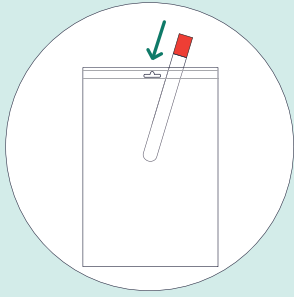
- Take the saliva sampling tube and open the lid.
- Spit 2-3 times in the tube.
- Dip the sampling swab in the saliva and rotate it several times.
- Seal the saliva sampling tube.
- Continue with step 8, without putting the sampling swab down in-between the steps.

## HAND IN



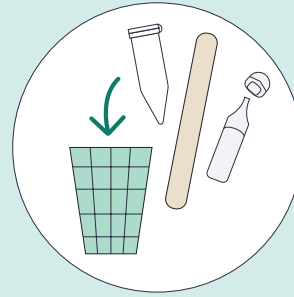
### 8. SEAL THE SAMPLE

Place the sampling swab back in the tube straight away and seal properly with the tube top.



### 9. PACK UP THE TEST

Put the tube with the sampling swab in the zip bag and seal. Keep the sample refrigerated until it is time to hand it in. Which should be the **same day**.



### 10. THROW AWAY REMAINING MATERIAL

Take the saliva sampling tube, tongue depressor and the saline solution ampoule and throw them away in your regular household waste. These should **not** be handed in with the test.



### 11. HAND IN AND WAIT FOR RESULT

Hand in the test on the **same day**, to the same place where you collected it from. If the test was collected from a pharmacy, you should get a symptom-free person to hand it in for you. You will receive the test result via 1177.se within three days. If not, you should order a new test and make a report to the customer service at 1177.