

Testing for Covid-19

Read through these instructions carefully before you begin.

1 You will need:

- E-ID (bank-ID or Freja eID Plus)
- A test kit containing:
A tube with clean water, a cup, a swab, one disinfectant wipe and two hand sanitiser wipes

2. Preparations

Clean your hands. You can use one of the enclosed hand sanitiser wipes. You then open the bag containing the swab stick in a way that you can easily get hold of the base of the stick.

3. Take a sample

You must take a sample from your throat and a sample from your nose.

Throat

Proceed as follows:

1. Remove the top from the tube containing water.
2. Cough a little so that you produce a little saliva and then pour the water from the tube into your mouth. Tilt your head backwards and gargle the water at the very back of your throat for about 3 seconds.
3. Spit out the water carefully into the cup.
4. Pour the water gently from the cup into the tube.
5. Hold the tube or put it down (make sure it cannot fall over) while you take a sample from your nose.

Nose

Take a sample using the swab part of the swab stick from as far up your nose as you can go.

Proceed as follows:

6. Insert the swab stick into one of your nostrils as far as it can go and rotate it a number of times.
Tip! The best way of doing this is to insert the swab stick along the lower part of your nostril and move it from side to side as you do so.
7. Remove the stick from your nose, place it in the tube, and rotate it in the water for about 3 seconds.
8. Remove the stick and place the top back on the tube.
9. Take the disinfectant wipe and clean the tube carefully.
10. Ensure that the top is screwed on properly.
11. Clean your hands. You can use one of the enclosed hand sanitiser wipes.
12. Completed!

4. Dispose of any waste

Place the cup, stick, and other used material in a bag and dispose of it. The bag can be placed among normal household waste (combustible waste).

5. Register your sample on 1177.se

Please note that when you log in to 1177.se the information is only available in Swedish.

The sample must be registered in the name of the person from whom the sample has been taken. It is **important that you complete the sample registration procedure**. When a green box appears with the words "Testkit registrerat!" this means that registration has been completed. If you do not complete the registration procedure you will not receive a test result.

Registering **your own** sample

- Scan the QR code in the box on the instruction sheet enclosed with the test kit. Scan using the camera on your smartphone or a QR code scanner (app).
- Log in to register your sample.

or

- Open a web browser and enter the address <https://pep.1177.se/testkit>
- Log in and register your sample.
- Register your sample using the test kit number ("testkitsnummer") which can be found in the box on the instruction sheet enclosed with the test kit.

Registering **a child's** sample

In the case of children from preschool class age (5-6 years) up to 12 years of age you must, as the child's guardian, **register the child's test kit number in the representative section ("Agera ombud") on 1177.se.**

- Open a web browser and enter the address <https://e-tjanster.1177.se>
- Log in as yourself.
- Choose your child under "Agera ombud" on the start page.
- Choose "Egen provhantering".
- Register the sample using the test kit number ("testkitsnummer") in the box on the instruction sheet enclosed with the test kit.

NOTE! You cannot use the QR code to register a sample for your child.

6. Hand in the sample for analysis

When you have taken a sample and registered it on 1177.se you must place the sample tube back in one of our boxes. There is a special section for handing in sample tubes. Hand in the sample tube as soon as possible after you have taken the sample.

7. Test result

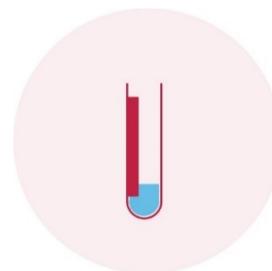
If you have approved notifications from 1177.se you will be notified via SMS or email when your test result has arrived. Log in to 1177.se to find your test result. Scroll down to "Regionen rekommenderar" and click on "Covid-19 provtagning och svar Örebro län" to see your test result.

Throat sample

(Instructions 1-5 on page 1)



Gargle



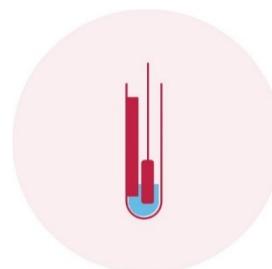
The throat sample is placed in a tube.

Nose sample

(Instructions 6-12 on page 1)

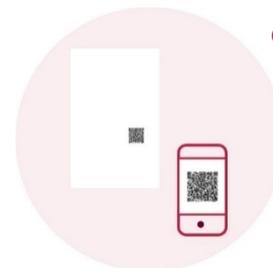


Insert the swab stick into your nose.



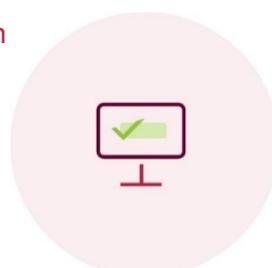
The throat and nose samples are rotated in the tube.

Registering a sample on 1177.se



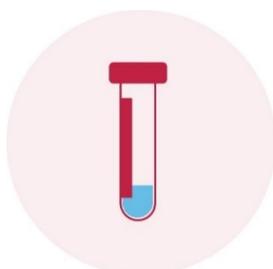
Scan the QR code using a smartphone camera or QR code scanner. Log in and register the sample.

It is important that you complete the registration procedure!

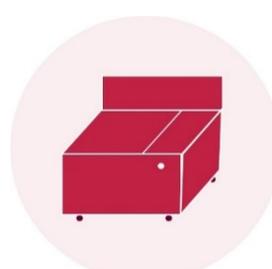


Or log in and register the sample via a web browser.

Hand in the sample



The tube is placed ...



... in the box.