

# Self-testing for COVID-19

## Your test kit

Your test kit is provided in a plastic bag. When you have taken the test, you can use this when disposing of your dish and swab stick.

## Your test kit includes:

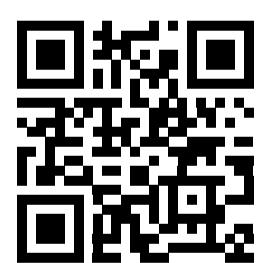
- A swab stick
- A test tube with screw-top lid
- A plastic dish, to use for the saliva sample
- A vial containing a saline solution
- An instruction sheet with QR code and registration code
- A wet-wipe for hand sanitisation

## How to take and register the test:

1. Read all of the instructions before you begin
2. Register the test via your mobile or web browser
3. Take the test
4. Submit the test

Would you like to watch an instructional film about how to take the test? Scan the QR code!

Information in other languages?  
Scan this QR code!



# Step 1: Register the test

Your test must be linked to your personal ID number in order for the lab to know whose test it is. You can do this by either scanning the QR code on the back of this folder, or by using the registration code stated beneath the QR code. You must then verify your identity with your digital ID.

## Do as follows:

1. Scan the QR code on the back of this folder using the camera on your mobile or a QR reader (app)
2. Log in using your digital ID, and follow the instructions

## Or:

1. Open your web browser (e.g. Chrome or Safari), and enter [pep.1177.se/testkit](http://pep.1177.se/testkit) in the address bar at the top
2. Log in using your digital ID, and follow the instructions
3. Register your test kit using the registration code stated beneath the QR code on the back of this folder

## Register your child's test in proxy mode

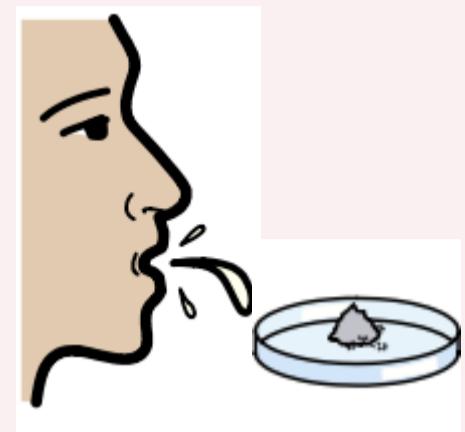
For children under the age of 13 years, a parent/legal guardian must register the child's registration code in proxy mode. NB! The QR code cannot be used when registering a test kit for a child.

1. Log in at 1177.se as yourself
2. Select your child in proxy mode (*ombudsläge*) – check that it says that you are acting as their representative
3. Select *Egen provhantering*
4. Register your child's test kit using the registration code stated beneath the QR code on the back of this folder

# Step 2: Take the test

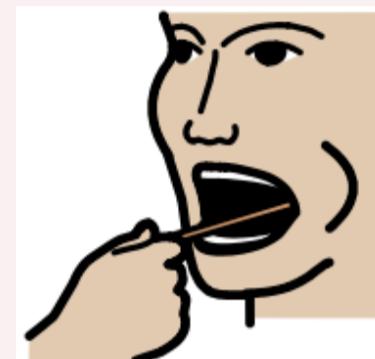
## Step 1: Saliva sample

Spit 3-4 times into the plastic dish, so that the base is covered. Wait for one minute between each time you spit. Then put the dish to one side.



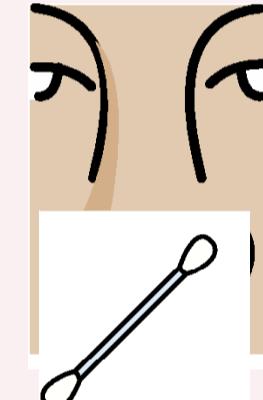
## Step 2: Take the throat sample

Take the swab stick from the test kit. Insert it along the inside of your cheek, down towards your throat. Use the swab stick to scrape as far back in the throat as possible for 15 seconds.



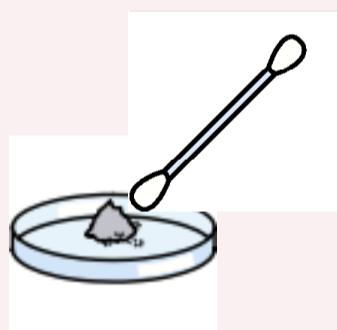
## Step 3: Take the nasal sample

Take the same swab stick and insert it into your nose. At a depth of around 2 cm inside your nostril, scrape around for 15 seconds. Repeat the process in your other nostril.



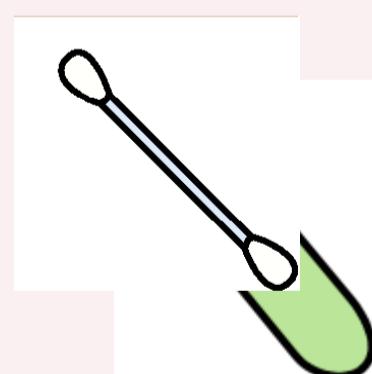
## Step 4: Mix with the saliva sample

Dip the swab stick in the saliva you collected in the plastic dish. Stir around for 15 seconds.



## Step 5: Mix in the test tube, and seal it

Pour the saline solution into the test tube. Then insert the end of the swab stick into the test tube. Stir around for 15 seconds. Remove the swab stick from the test tube. Seal the test tube with the lid.



## Step 3: Submit the test

When you have completed the test and it has been registered at 1177.se, you must place the test in the compartment for returns in the same box in which you received it. The boxes are open for the collection and submission of test kits between 09.00 and 15.00 on Mondays to Fridays (excluding public holidays).

Place the swab stick and plastic dish in the same plastic bag that your test kit came in. Dispose of the bag with your regular household waste.

When you have finished, wash or sanitise your hands carefully.

If you have taken the test at home and it is not possible for you to submit it on the same day that you received it, store the completed test in the fridge before submitting it on the following day.

QR code for registration



Registration code  
↑