INSTRUCTIONS

Taking a Covid-19 sample

Read these instructions carefully before you start taking your sample.

You can only take a sample like this if you have electronic ID.
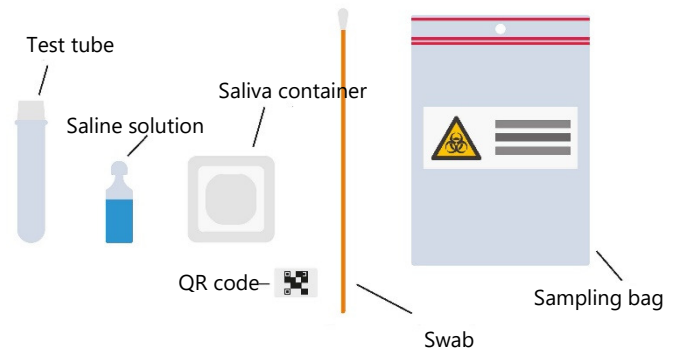Call 021-17 30 00 (select "1") if you have no electronic ID and so have to make an appointment to have a self-sample taken.
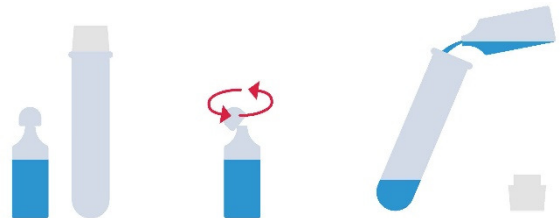
Preparations for taking the sample

This is what you need:
- Electronic ID
- A test-kit bag containing: a test tube, a small bottle with saline solution, a saliva container, a swab and a sampling bag.
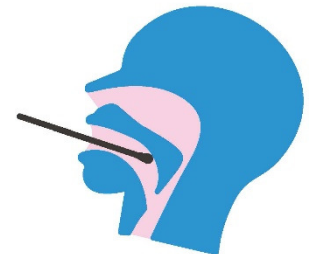
Bag contents

Test tube
Saline solution
Saliva container
QR code
Swab
Sampling bag

1 Open the bag. Take out the test tube and the bottle with saline solution.

2 Open the saline-solution bottle by twisting off its top.

3 Pour the saline solution into the test tube. Keep holding the test tube or put it somewhere where it will not fall over.

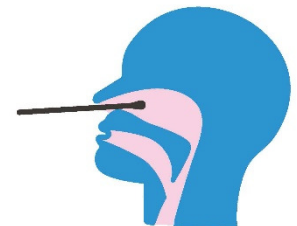4 Now take three different samples as shown below.

How to take the samples

Throat – sample 1

1 Take the swab and push it along the inside of your cheek as far down towards your throat as you can. Avoid touching your tongue, teeth or gums with the swab.

2 Scrape with the swab far down in your throat for about 20 seconds on either side.

3 Take out the swab from your throat.

Nose – sample 2

1 Take the same swab and push it 2–3 cm into one of your nostrils. Scrape there for 20 seconds. Then do the same with your other nostril.

2 Take the swab out of your nose and keep holding it in your hand.

Saliva – sample 3

1 Take out the saliva container and spit a couple of times so that its bottom is well covered.
2 Take the same swab you have already used and move it around in the saliva for 20 seconds.
3 Stick the swab into the test tube and move it around for about 20 seconds.

4 Take the swab out of the test tube and carefully screw on the cap.
5 Double-check that the liquid is still in the test tube and that the cap is firmly attached to the test tube.
6 Put the test tube in the small bag and seal it. That is the bag you should hand in.

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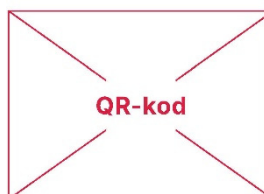
Throw away the waste

Put the saliva container, the swab and any other used material in the large bag and throw it away. It should be sorted as ordinary household waste (burnable/residual waste).

Register your sample – log in to 1177

Note that you cannot use the QR code to register a test-kit number for a child who is less than 13 years old. See below on how to register test-kit numbers for children younger than 13. You can only take a sample in this way if you have electronic ID. Call 021-17 30 00 (select "1") if you have no electronic ID and so have to make an appointment to have a self-sample taken.

If you are at least 13 years old:

1 Scan the QR code with your mobile-phone camera or a QR app, follow the link shown and log in using electronic ID. (Children aged 13 or older use their own electronic ID.)

2 Follow the instructions in your mobile phone to register your test kit. The number to be entered can be found on the label.
If you cannot read the QR code with your mobile phone, open a web browser and enter the following address: *http://pep.1177.se/testkit*

QR-kod

If you are the guardian of a child younger than 13:

For children aged 5–13 years, guardians need to register the child's test-kit number while in **proxy mode** ("ombudsläge").

1 Open a web browser and enter the following address: *http://pep.1177.se/testkit*
2 Log in as yourself using electronic ID.
3 Select your child (proxy mode – "ombudsläge").
4 Select handling your own samples ("Egen provhantering").
5 Register the test-kit number printed on the label.

Handing in your sample for analysis

When you have carried out all the above steps, you hand in your sample in accordance with the information that you received where you obtained your test-kit bag. Hand in your sample for analysis as soon as possible after taking it. Information about where to hand in samples can be found on the following website: *1177.se/Vastmanland/sjalvprovtagning-vastmanland*

Keep these instructions with your QR code until you have received your test result.

Test result

You will normally receive your test result within 48 hours, but it may take up to four days. Log in to 1177.se to see your test result: look under the heading of Handling your own samples ("Egenprovhantering"), click on the link entitled Ordering a sample ("Beställ provtagning") and have a look at your result.

If you have accepted notifications from 1177.se, you will be notified by text message or e-mail when your test result is available.

Support

For technical issues relating to sample **registration**, please go to *https://1177.support.se/oversikt/flow/38*

For questions about **logging in to 1177.se**, please call the Contact Centre at 021-17 30 00 (select "1"). Open on weekdays from 9 a.m. to 5 p.m.

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