



SureScreen Step-by-Step Guide to using a Lateral Flow Test


Prepare for self-testing at home

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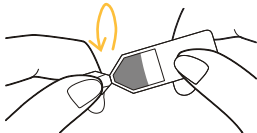
1

First, wash your hands and blow your nose.
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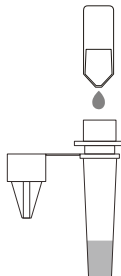
2

Wash your hands again or use hand sanitiser.
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3

Place the tube upright into a holder such as a small cup.
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4

Twist the tip off the small liquid vial.
- 

5

Gently tip all the liquid from the small vial into the tube.

Ignore the bag of red lids. These are not needed.

Take your test

1



Identify the soft fabric tip of the swab, open the wrapper and remove the swab. Do not touch the soft fabric tip.

2



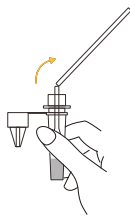
Put the soft fabric tip gently into one nostril, about 1 inch up. You may feel some resistance. Roll the swab along the inside of the nostril for 15 seconds. Remove and repeat using the same swab into the other nostril.

3



Put the soft fabric tip into the bottom of the tube. Rotate the swab for 10 seconds while pressing the tip firmly inside the tube

4



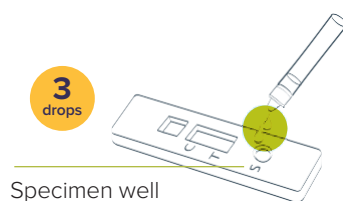
Slightly lift the swab and snap it at the break point. Leave the swab head inside the tube. Dispose of the handle.

5



Place the lid securely onto the tube.

6



Turn the extraction tube upside down and lightly squeeze **three drops** onto the specimen well, into the hole marked with an S.

Reading your result

7



Place the specimen well onto a flat surface and make a note of the time. After 10-15 minutes, read your results and throw the specimen well away. Results after 15 minutes will be invalid. If you have two lines, one next to C and one next to T your test is positive. If there is one line next to C your test is negative.

Please now submit your results using the online portal on gov.je and dispose of all test material.