

Take a swab sample

Step by step - easier to read guide



GET READY



Blow your nose.



Put it in the bin.



Use the hand sanitiser.



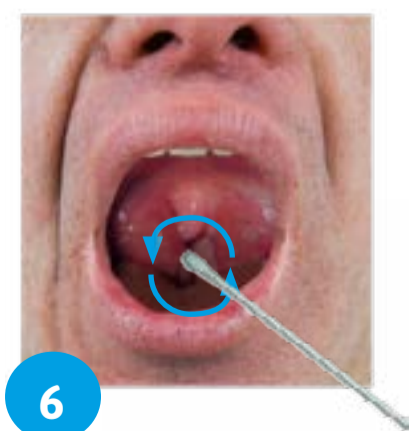
Open the swab packet

You will use the same swab for both mouth and nose.

MOUTH



Open your mouth wide.



Put the swab right to the back so it touches your throat.

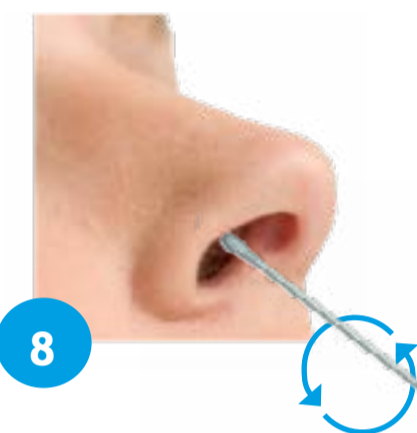
Move it around 3 times.

This might be uncomfortable.

NOSE



Put the same swab up 1 side of your nose.



Push until it feels uncomfortable.

Roll the end of the swab round 5 times.



Pull it out.

Hold the swab in your hand.



CALL THE ASSISTANT

They will take the swab from you.



YOU ARE DONE!



Protect yourself. Protect Kent

