

How to take your own test for COVID-19

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

We have put in place a range of measures to keep everyone safe from coronavirus when coming into hospital. One of the most important things we are doing is testing.

Some people do not show any signs or symptoms of the coronavirus, so having a test means we can all be really confident that you do not have the virus when it's time for you to come into hospital.

This leaflet will tell you how to take a swab from your nose and throat. The accompanying letter tells you the day you need to do this.

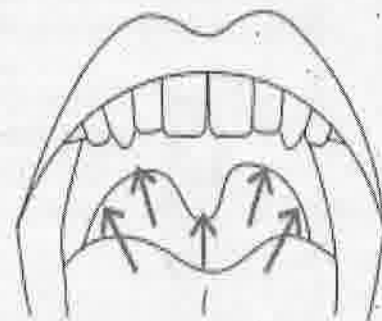
The letter you have received will also contain:

- Swab with viral collection container
- Printed label (to be placed on viral collection container)
- Pre-labelled specimen bag with Pre-labelled Covid-19 RNA Request Form inside.

Please follow these instructions carefully as they are important to get accurate results.

Instructions

1. Wash your hands thoroughly for at least 20 seconds, using soap and warm water.
2. Open the swab package and take out the swab. The same swab will be used on your throat and then your nose. Try not to touch the swab end with your fingers.
3. THROAT SWAB
 - Stand in front of a mirror. Open your mouth wide and stick out your tongue.



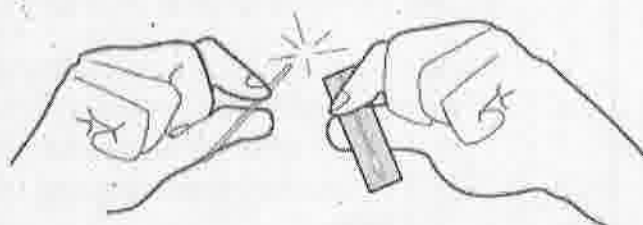
- Rub the swab several times across the very back of your throat, behind the arch.
- This may make you gag, but should not be painful.
- Ensure you swab the sides of the arch where your tonsils protrude.
- Try to avoid swabbing your tongue and teeth.

4. NASAL SWAB

- Insert the same end of the swab about 1 inch (2.5cm) into one of your nostrils, or until you feel some resistance.
- You should expect some discomfort, but do not insert the swab any deeper if you feel strong resistance or pain.
- Rotate the swab for 10 seconds and slowly remove it.
- Repeat on your other nostril, using the same end of the swab.



5. Once you have taken the swab, place the soft tip of the swab into the viral collection container and **snap off** at the indentation mark, so that it fits into the container. Replace the lid, ensuring it is securely tightened.



6. Stick the printed label on the viral collection container (sample bottle).
7. Put the viral collection container into the pre-labelled plastic sample bag provided and seal tightly.
8. Take your sample bag to one of the drop-off points listed below before 11am on the day stated on your letter.

Drop-off points

Please drop off your sample in the **black box labelled 'C19'** by **10:00** at one of the hospital sites listed below.

- **North Devon District Hospital, Barnstaple**
After exiting the roundabout, take the first left, following the 'COVID TESTING' signs to the right. The black box is outside the Covid Testing Cell, also known as Bungalow 1

- **Barnstaple Health Centre**
Black box is to the left of the main entrance.
- **South Molton Community Hospital**
The black box is located outside to the left of the main entrance.
- **Bideford Community Hospital**
The black box is situated outside at the main MIU/outpatient entrance on the left hand side of the outer door.
- **Torrington Community Hospital**
The black box is situated outside by the main doors.
- **Holsworthy Community Hospital**
The black box is situated outside by the main doors.
- **Tyrrell Hospital, Ilfracombe**
The black box is situated outside to the left of the entrance.
- **Stratton Hospital, Bude**
The black box is situated in the foyer of the hospital to the right hand side before the double doors to reception.

The Date Your Sample Needs to be in one of the designated C19 Black Boxes is:

18/06/21

Results

Results are usually back within 48 hours and you will be sent an SMS text message to your registered number.

Negative or Invalid - we will text your result to your mobile phone number, providing we have up to date information for you. If you only have a landline, you will be contacted with your result. If you receive a message with an Invalid result, please phone the C19 Testing Cell on 01271 337777.

Positive – NDHT Contact Tracing team will contact you as soon as your result is available and will discuss with you and your clinician what to do moving forward.

Please do not phone to check your result as currently we do not have the capacity to deal with these calls.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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This leaflet was designed by the Communications Department.