



NASAL SWAB SELF-TEST USER GUIDE

What is the nasal swab self-test?

The self-test is a test that you do yourself in your nose.

- This test can detect if you have caught COVID-19.
- You must do this test quite often: once or twice a week.

To use this test you must:

- **Not have any symptoms, such as a fever or headache.**
- Not have been exposed to someone with COVID-19.

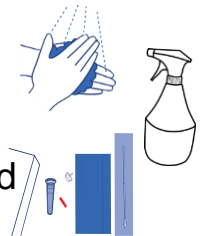
If you have symptoms, or you have been in contact with someone who has COVID-19, you must undergo a laboratory PCR test, or a rapid antigen test at the pharmacy.



How to perform your nasal swab self-test

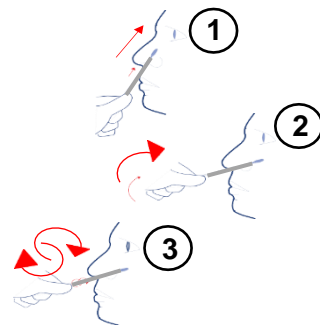
Step 1:

- Wash your hands with soap and water, or sanitise them with hydroalcoholic gel.
- Take all the pieces out of the box and put them on a flat, well-cleaned surface.



Step 2:

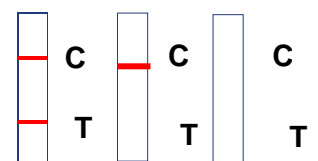
- **Insert the swab 2 to 3 centimetres deep up into one nostril.**
- **Gently raise the swab to horizontal.**
Stop when you feel a slight resistance.
- **Rotate the swab inside your nostril.**



Step 3:

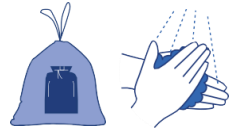
Now you need to get your results from the cartridge:

- Two coloured lines, one at **C** and another at **T**: the test is positive
- One coloured line at **C** only: the test is negative
- No coloured line: the test must be repeated.



Step 4:

- Place everything in a bin bag, tie it shut and wash your hands.



What you should do if your test is positive

Immediately get a PCR test, which is free with your Carte Vitale



Self-isolate to protect others

- Notify anyone who lives with you that they also must self-isolate and get tested.
- Notify anyone else with whom you've had contact.
- Self-isolate for 10 days following the test.



Tell your doctor, and they will tell you what to do.

Monitor your health and consult the website:

mesconseilscovid.fr



If you have difficulty breathing or shortness of breath, immediately call 15, or 114 for those who are deaf and hard of hearing.



Follow protective measures for seven days after the end of the self-isolation period.

What you should do if your test is negative

Continue to follow protective measures.

In the event of any doubt, or if you begin to have symptoms, get a PCR or rapid antigen test.



Find more information at <https://solidarites-sante.gouv.fr/autotests-covid-19>