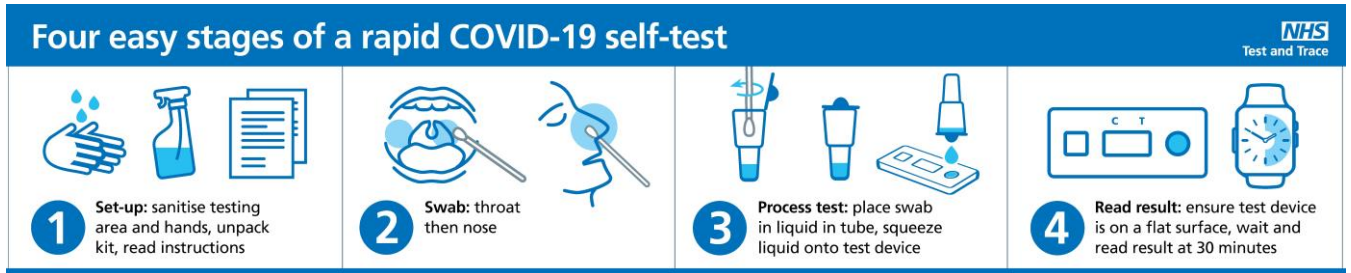


Your pack contains:

- 1 Nasal/Throat swab
- 1 Tube containing test solution
- 1 Test sample cassette

Instructions for use:



1. Take out the testing cassette from its wrapper
2. Open the swab from its packet and gently rub the swab over your tonsils 4 times on both sides. If this is too uncomfortable, and you cannot do this safely, stop and move on to the next step
3. Use the same swab to take a sample from your nose by putting the swab into one of your nostrils and push it gently upwards until you feel it stop; do not push too hard. Gently turn the swab to make 10 complete circles. If you did not swab your throat, now swab the second nostril
4. Carefully remove the test tube cap and place your swab in the solution. Agitate it around for 10 seconds, then remove it
5. Place 2 drops of the solution on the testing cassette where indicated
6. Check the time and wait for 30 minutes for the result. A line will appear by the Letter 'C' which means the test is working correctly



Positive result



Negative result



Void result



Next Steps

A POSITIVE RESULT

1. Stay at home and self-isolate immediately
2. Report your result to <https://www.gov.uk/report-covid19-result> (register under second option – other education provider / Southampton Engineering Training Association Ltd) and to SETA via safeguarding@seta-training.co.uk
3. Book a full COVID-19 PCR test online at <https://www.gov.uk/get-coronavirus-test> or by calling 119. PCR tests are sent to a lab for diagnosis.
4. If the PCR results are **Positive**, you must remain at home under self-isolation and follow the guidance you receive. Report this to SETA via safeguarding@seta-training.co.uk and do not attend SETA until you are over your self-isolation period
5. If the PCR results are **Negative**, report this to SETA via safeguarding@seta-training.co.uk and attend SETA for training the following day

A NEGATIVE RESULT

1. Report your result to <https://www.gov.uk/report-covid19-result> (register under second option – other education provider / Southampton Engineering Training Association Ltd)
2. Attend SETA for training

AN INVALID/VOID/INCONCLUSIVE RESULT

1. If your test does not work correctly, you must take another Rapid Lateral Flow / Asymptomatic test and wait for the results
2. If it does not test correctly on the second occasion, you must stay at home, report this to SETA via **07594 299517 / 023 8087 8310**, self-isolate and book a full COVID-19 PCR test online at <https://www.gov.uk/get-coronavirus-test> or by calling 119
3. If the PCR results are **Positive**, remain at home under self-isolation and follow the guidance you receive. Report this to SETA via safeguarding@seta-training.co.uk and do not attend SETA until you have finished your self-isolation period. This will mean re-booking a course for a later date.
4. If the PCR results are **Negative**, report this to SETA via safeguarding@seta-training.co.uk and attend SETA for training the following day

