

GIBRALTAR HEALTH AUTHORITY

MSRA SELF TESTING INSTRUCTION LEAFLET

What you will need

Sterile swabs – These will be provided to you by the department.



Tips for Accurate Results

- Do not touch the cotton tip with your hands or any other surface.
- If you sneeze or touch the swab accidentally, discard it and use a new one.
- Ensure your hands and the swab area are clean before starting.

Before You Start

1. **Wash Your Hands:** Clean your hands thoroughly with soap and water or hand sanitiser.
2. **Prepare Your Swabs:** Ensure your swab kit is within easy reach and the tubes are labelled

Step 1: Swabbing Your Nose

1. **Open the Nose Swab:** Carefully remove the sterile swab without touching the cotton tip.



2. **Insert the Swab:** Gently insert the cotton tip into one nostril (about 1-2 cm deep).



3. **Rotate the Swab:** Rotate the swab in a circular motion for 5-10 seconds to collect a sample.
4. **Repeat in the Other Nostril:** Using the same swab, repeat the process in the other nostril.
5. **Secure the Swab:** Place the swab into the transport tube labelled “Nose” and secure the cap.



Step 2: Swabbing Your Groin

1. **Open the Groin Swab:** Take the second swab, ensuring the tip remains sterile.
2. **Target the Area:** Use the swab to gently rub along the crease where your thigh meets your groin.
3. **Rotate and Repeat:** Ensure you collect a good sample by rubbing both sides of the groin crease.
4. **Secure the Swab:** Place the swab into the tube labelled “Groin” and seal it tightly.

After Swabbing

- Place both tubes back into the packaging provided.
- Wash or sanitise your hands again.
- Follow the instructions for returning the swabs to the lab or clinic.