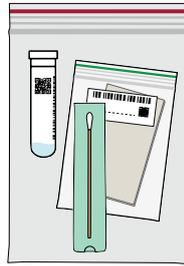


Test yourself

Read the entire instruction before testing

Material you need for testing:

- A large zip-lock-bag containing:
 - testing swabs
 - test tube with saline solution
 - small zip-lock-bag with paper towel to protect the sample during transport.
- Mug or plate
- A garbage bag and a napkin.



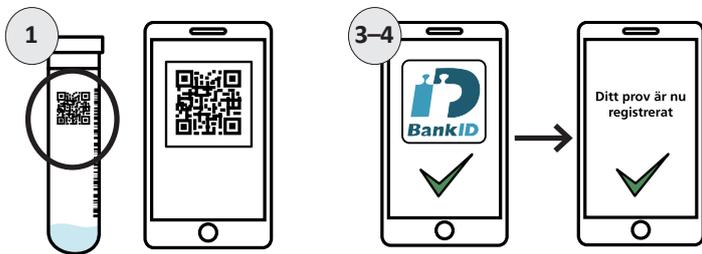
Register test

1. Go to direkttest.se, select "Register Test" and enter the 10-digit reference number on the label.

Alternatively

Scan the QR code (either on the test tube or on the small zip-lock bag) with your mobile phone. Tap the box that appears on the screen to follow the link.

2. Fill in your information and complete all the steps. Fill in your workplace code if you are taking the test following an agreement with your supervisor.
3. After you have identified yourself with BankID, the registration is complete.
4. Go back to the browser window, "Ditt prov är nu registrerat" should be displayed on direkttest.se.



Pre- testing preparations

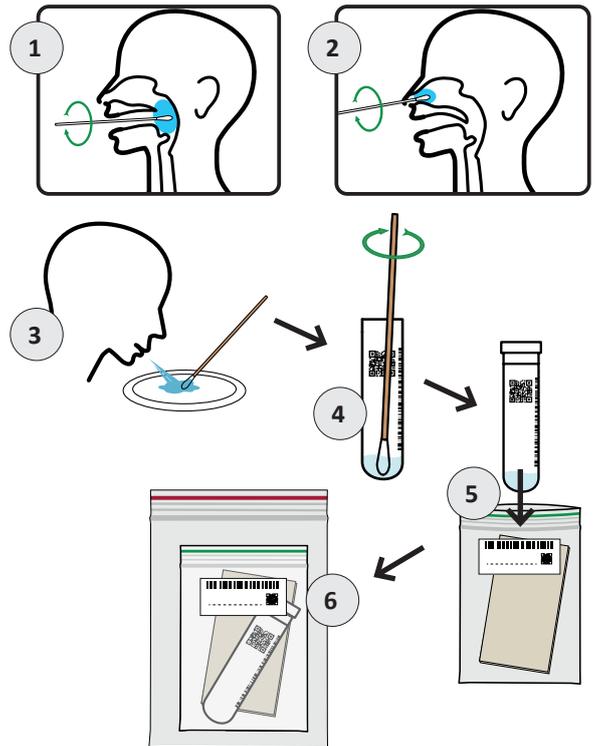
Take out the test tubes and the testing swab. Leave the paper towel in the small zip-lock bag.

Test yourself

Test with the soft top of the testing swab from the pharynx, nose, and spit as follows:

1. Insert the testing swab into your mouth and as far back in your throat as you can go.
Rub the swab around against the walls of the throat for about 10 seconds.
2. Then insert the same stick straight into the nostril a few centimetres and rotate/rub for 10-20 seconds.
3. Spit on the plate or in the mug, avoid mucus or snot. Dip the stick in the spit so that it becomes thoroughly damp, the stick may remain on the plate or in the cup while you are opening the test tube.
4. Insert the stick into the test tube and stir the stick around for 20 seconds before throwing the stick into the garbage bag and screwing the lid onto the test tube tightly.

5. Place the test tube in the small zip-lock bag and close the small bag tightly.
6. Place the small bag with the test tube in the large zip-lock bag and close it tightly.
7. Submit the test. If the submission is not made immediately, store the bag with the test tube in the refrigerator until you can return it.



Dispose of wast

The testing swab and disposable mug/plate are discarded in the garbage bag and sealed. At home, the plate or mug can be washed as usual.

Dispose of the garbage bag as normal household waste (combustible residual waste).

Test results

While waiting for the test results, you must stay home – do not go to work, school or equivalent. When outdoors, keep your distance from other people (2 metres). You must not use any public transport. You must otherwise behave in a way that prevents you from spreading any possible infection.

When the test results are complete, you will receive a text message. This usually occurs within 48 hours of the time you submitted the test, but may take longer if submitted close to a weekend. Sign in with BankID on the website direkttest.se to read the answer.