

Taking a lateral flow test

Hi.

So a lot of kids in the UK have went back to school or uni recently, which is most likely why you're seeing this video.

And as most of you are aware you will be having to do a test two to three times a week.

So I thought I'd make it a little bit less terrifying.

So I'm going to do a test right now and I'm going to walk you through it step by step.

Let's go.

So I quickly throw my hair up to keep it out of the way.

I've cleaned the surface and, of course, I have washed my hands for 20 seconds with hot and soapy water.

I've now got everything set up so let's get started.

Yeah. So this goes in here and then this little tube just goes into this snazzy little extraction tube holder.

Yeah.

Then you want to go and gently blow your nose, just to get any stuff that might be up there out.

Then wash your hands again or you can use a hand sanitiser like I just did.

Now is the scary part.

Peel the swab.

Peel, peel the swab.

So with this end of the swab we're going to rub it against our tonsils or where they would have been, four times on each side.

Here goes.

That was quite awkward.

Now with the same swab, pick a nostril, any nostril, and gently push it up until you feel a slight resistance.

Once it's up there, you want to swivel it around 10 times.

It's very tickly. I feel I'm going to sneeze and it won't come out.

That's the scary part over though.

And now we get to do the science-y part.

So you need to put the tip of the swab into the tube without touching the tube.

And then we're going to stir it around pushing it against the side of the tube for 15 seconds like this.

As you remove it, make sure you pinch the side of the tube to remove all the liquid from the swab.

Then, we can put the swab in the little plastic bag they provide.

Then you want to put the cap on and make sure you push it right in.

Using this tube, we're going to drop two droplets into this section just here, which is the specimen well, like that.

Then, you can put this in the same bag as the swab.

Set a timer for 30 minutes because that's how long it will take for you to see the result and I'll see you in 30 minutes.

So it's now been 30 minutes and I have checked. So I have one line next to the C which means I'm clear or negative, which means I am not infectious at this point of time.

I am not positive.

However, as I just mentioned, this test only accounts for that one point in time.

So regular testing is important because whilst you may not have tested positive you could end up contracting it later in the day or even the day after in which you would then be infectious.

Regular testing will pick it up quicker, allowing less time for it to be passed on to anyone else.

If when you test you are positive, this booklet which comes with the kit will tell you exactly how to report it to the NHS.

But that is all for me. Happy testing, guys.