

Pebble Brook School Home Testing Guide

- Please test on Mondays and Thursdays before school.
- Wait at least 30 minutes after you last ate or drank before starting the test.
- Before you start make sure you wash or sanitise your hands and have a clean, flat surface to place the test.

How to test



In your pack you should have the following; swabs, test strips, extraction buffer sachets, extraction tubes, extraction tube holder and plastic waste bags.

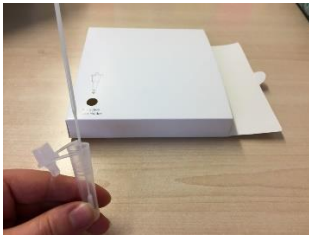
1. Remove test strip from packaging and place on flat surface.
2. Place the extraction tube into the extraction tube holder, then pour the extraction buffer into the tube.



3. Blow your nose and wash or sanitise your hands.
4. Remove the swab from packaging, be careful not to touch the soft end.
5. Place the swab up a nostril and roll it around the nostril 10 times, repeat on other side.



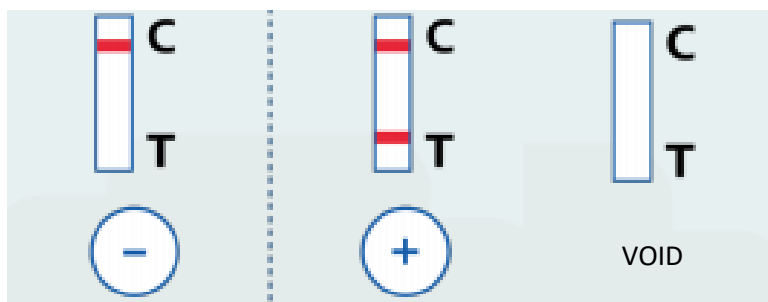
- Place the swab inside the extraction tube and rotate for 15 seconds, pinch the swab as you remove it to get the liquid off.



- Press the cap onto the tube and squeeze 2 drops into the well, marked S.



- Set a timer for 30 minutes.
- After 30 minutes read the results.



- You **must** report positive results to Pebble Brook and also NHS test and trace at www.gov.uk/report-covid19-result

- For a positive result -book a confirmatory PCR test.
For a void result – please take the test again as soon as possible.

If you have any problems with the test or reporting please get in touch with family services:

01296 415761 Option 2 (Jo Greaves) or Option 3 (Natasha Emery)