

COVID-19

Self test

Please read all the instructions before beginning

Check that you have everything you need

- A storage bag with a zip top and a label that contains:
 - A test swab in separate packaging
 - A test tube with a screw-top lid and a label
 - A sachet containing saline solution
 - A paper towel (absorber) that you should leave inside the bag.
- A plate or mug (for collecting your saliva specimen)
- A plastic bag for storing waste materials.

Prepare to collect your specimen

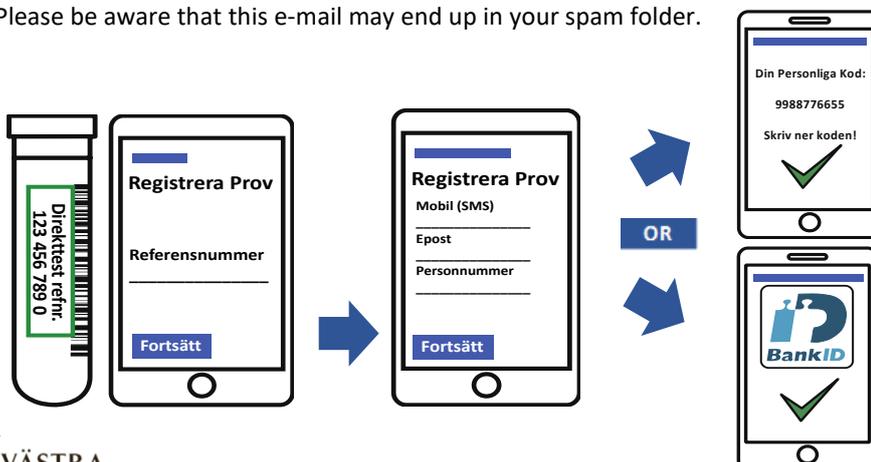
1. Open the storage bag and remove its contents.
2. Take the test tube, the test swab and the sachet containing saline solution and place them on the table in front of you. **Important! Leave the paper towel inside the bag.**
3. Remove the test swab from its packaging. Save the packaging so you can put the swab inside it when you're finished.

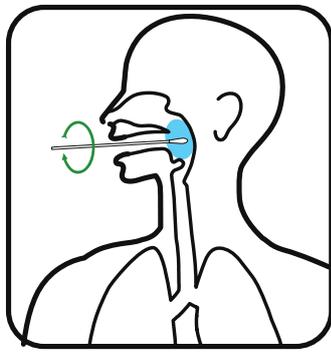
Step 1: Registering your kit

You must register your kit on the website direktttest.se to be able to receive your test result, since it's not until you register that your personal details become linked to your individual specimen inside the system.

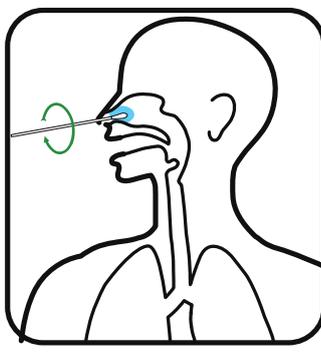
How to register your kit:

1. Scan the QR code on the bag using the camera in your mobile phone **or** visit the website direktttest.se/registrera and enter the 10-digit reference number manually.
2. Enter the Personal Identity Number (*personnummer*) of the person who will be tested.
 - a. **If you have a BankID electronic ID** (Important! Cannot be used when testing children):
Enter your personal details > *Fortsätt* > Open your BankID and verify your identity > Go back to Direkttest, where you will see a confirmation that your kit has been registered.
 - b. **If you DON'T have a BankID electronic ID** (e.g., children, people with a reserve number (*reservnummer*):
Enter the relevant personal details and then select "*Personlig kod*" as the form of identification > *Fortsätt* > Verify the Personal Identity Number/reserve number (*personnummer/reservnummer*) of the person who will be tested and their postcode (*postnummer*) > *Fortsätt* > **Save the personal code (*personlig kod*) displayed (9 digits).**
3. A confirmation will be sent to your e-mail address once the registration is complete. Please be aware that this e-mail may end up in your spam folder.

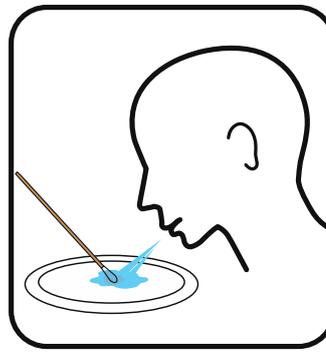




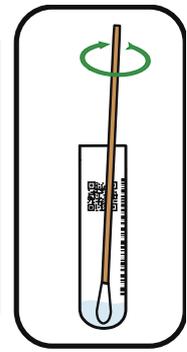
1. Specimen from back of throat



2. Specimen from nose



3. Spit & dip swab



4. Swirl for 20 secs.

Step 2: Collecting your specimen

1. Open your mouth wide and place the soft end of the swab as far back in your throat as possible, so that you are almost gagging.
2. Rub the swab against the back of your throat for as long as you can. Although this will feel unpleasant, just 5 seconds is long enough. See the diagram.
3. Next, carefully place the same end of the swab straight up one nostril, as far as it will go. Don't angle the swab upwards, but keep it parallel with the roof of your mouth. Rub the swab around the inside of your nostril for 10–20 seconds. See the diagram.
4. Gather a large amount of saliva inside your mouth and then spit it out onto the plate or into the mug. Avoid including phlegm or mucus with your saliva.
5. Dip the soft end of the swab into the saliva until it is fully moistened.
6. Leave the swab on the plate or in the mug while you handle the test tube.

Step 3: Handling the test tube & packaging your specimen safely

1. Open the sachet containing the saline solution and carefully pour the liquid into the test tube.
2. Place the soft end of the swab into the liquid at the bottom of the test tube. Swirl the swab around inside the liquid for 20 seconds.
3. Remove the swab from the test tube and place it back on the plate or inside the mug.
4. Screw the lid onto the test tube until it's firm and tight.
5. Place the test tube in the storage bag. Leave the paper towel (absorber) inside the bag.
6. Seal the bag carefully.
7. Store the bag containing the test tube in a refrigerator until you can submit it for testing.

Step 4: Disposing of your waste safely

1. Place the swab and its packaging inside an ordinary plastic bag. Tie the plastic bag firmly and securely shut before disposing of it as ordinary household waste.
2. Wash the plate/mug you used in the usual way.

You'll receive a notification when your test result is ready

You'll receive both a text message and an e-mail once your test result is ready. **Ordinarily**, you'll receive this notification within **72 hours** after submitting your specimen for testing, although it may take a little longer around public holidays. Log in on the website direkttest.se using your BankID (electronic ID) or personal code (*personlig kod*) to view your test result. **If you've been tested at the request of your manager, you should contact your employer and notify them of your result.**

Please see separate document for answers to FAQs.

FAQs

Q: How do I register a kit for my child?

A: You must first register the kit using your child's Personal Identity Number (*personnummer*). Next, select "*Personlig kod*" as the form of identification. Remember to save the 9-digit code displayed.

Q: What should I do if I don't have a BankID (electronic ID)?

A: If you don't have a BankID, you can register using a personal code (*personlig kod*) instead. Select "*Personlig kod*" as your form of identification when registering. Save the 9-digit code. You will use this personal code later to access your test result.

Q: How do I know that I've registered my kit correctly?

A: Once your kit has been registered, a confirmation e-mail will be sent to the address you specified. In some cases, this e-mail might be directed to your spam folder. If you're unsure whether your registration was successful for any reason, you can log in under "*Provsvär*" on the *direkttest.se* website. "*Testresultat är ej tillgängligt*" means that your kit has been registered, but that your specimen hasn't yet been analysed. "*Det finns inget prov registrerat*" means that you haven't registered your kit correctly, and that your specimen is therefore not linked to your identity within the system.

Q: How long will it take to get my result?

A: Ordinarily, you'll receive your test result within 48–72 hours after submitting your specimen for testing. Specimens submitted late in the day may be subject to delayed testing if the transport service has already performed its pick-up.

Q: When can I go back to work if my test result is negative?

A: When you're well enough to work. You should notify your employer once you receive your test result.

Q: Who can answer any questions I have if my result is positive?

A: Contact the local healthcare centre (*vårdcentral*) where you were tested to get answers to your questions.

Q: What should I do if my condition worsens?

A: If you feel you need support from healthcare professionals during your illness, simply do as you would in any other case of ill health: contact the healthcare advisory service 1177 or your family doctor at the local healthcare centre (*vårdcentral*) where you're registered, for example.

Q: What is biobanking and why is it useful?

A: Biobanking involves freezing and storing the specimen you send in so it can be used again. Swedish researchers can request permission from the Swedish Ethical Review Authority to use these specimens for research purposes. Without access to material donated by people who've been tested, Swedish researchers can't conduct important, on-going research into COVID-19. For this reason, we ask that you please check the box giving your permission for biobanking when registering your kit using a QR code or on the *direkttest.se* website. Doing so is voluntary, however.