

# Lateral Flow Device COVID-19 Care at Home staff self-testing



COVID-19 self-testing for care at home  
staff using a Lateral Flow Device (LFD)

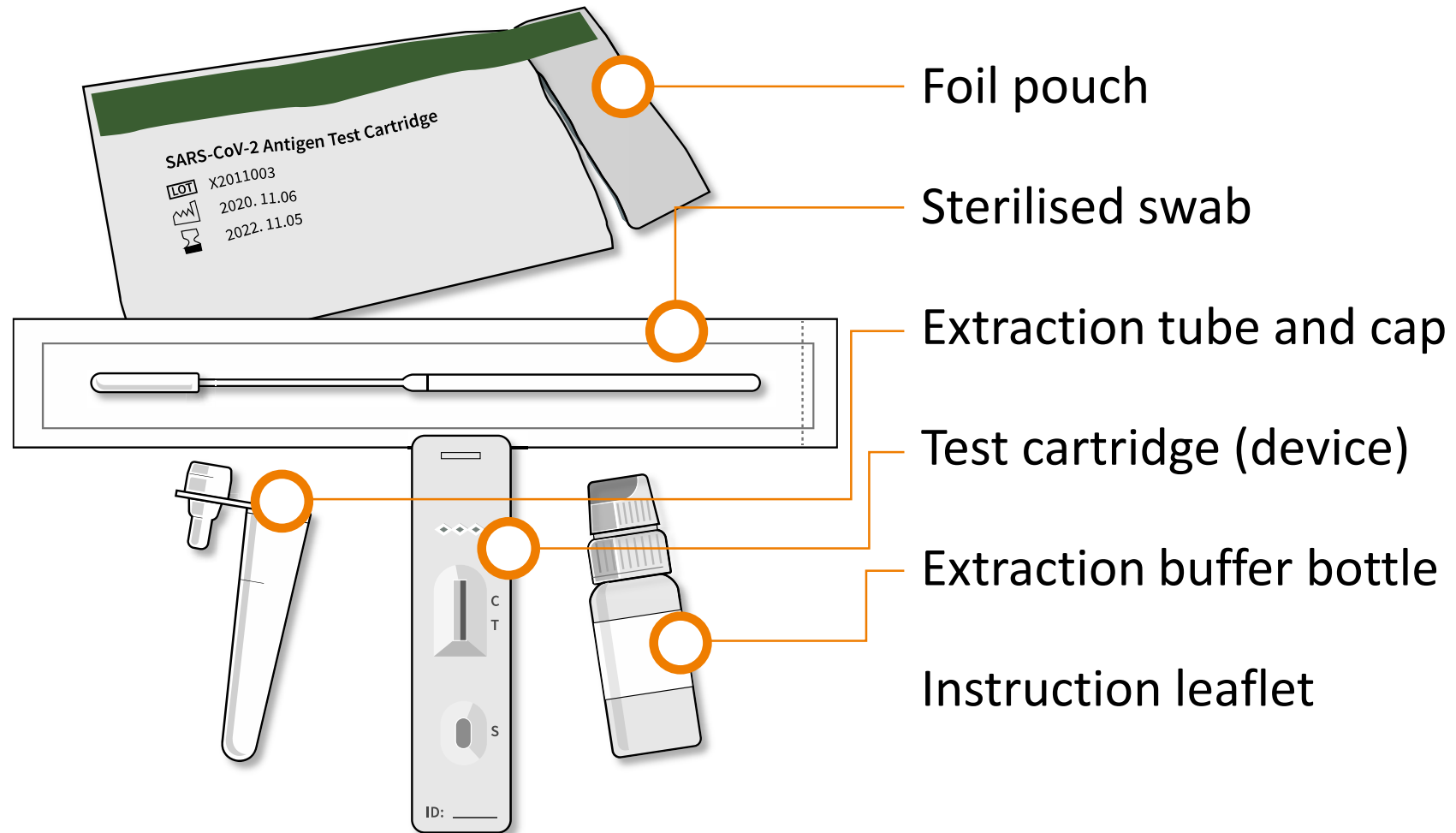


# Overview

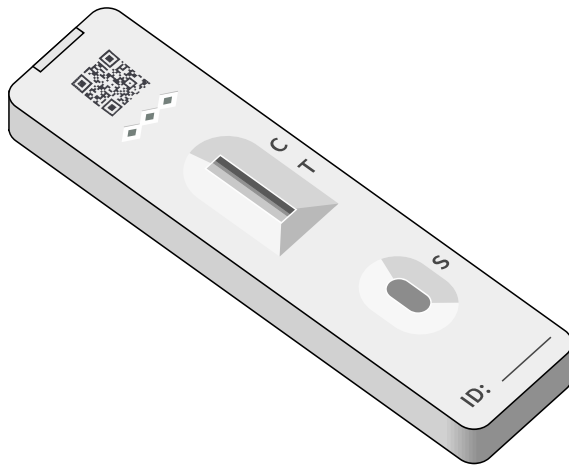
**Here is a quick checklist for how to use the COVID-19 LFD tests. It is really important that you follow these steps in the correct order.**

- Prepare the test area and unpack your equipment onto a clean and dry surface
- Perform a throat then nose swab sample
- Process your sample and wait 30 minutes
- Read and report your result
- Safely dispose of test equipment

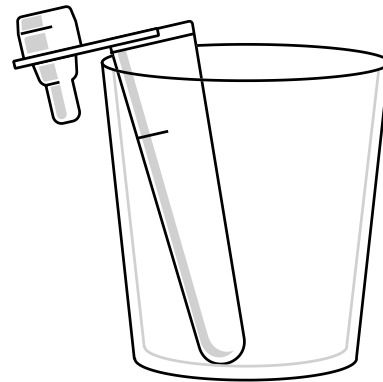
# LFD Test Kit



# Preparing to perform the test



Place the test cartridge on a clean flat surface



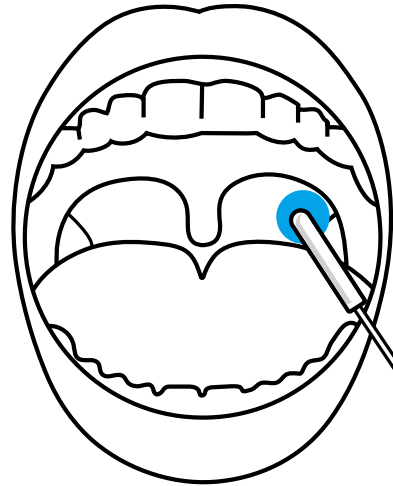
Place extraction tube in a small clean container



Hold solution bottle vertically and dispense 6 drops only of test solution into the extraction tube

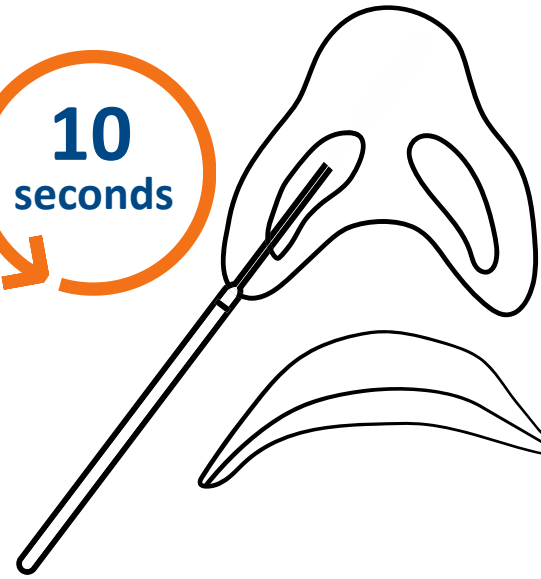
# Taking the swab

**10**  
seconds



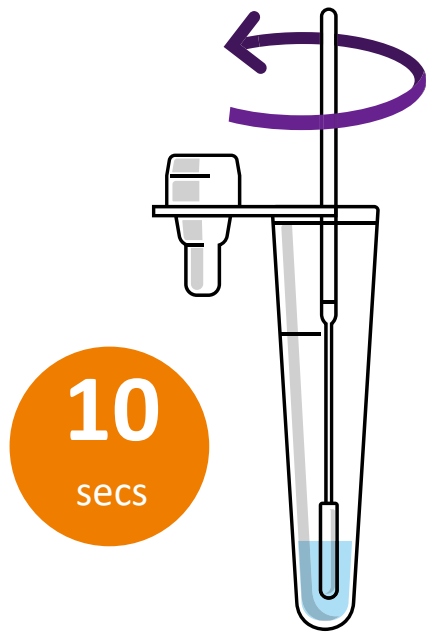
Rub the fabric tip of the swab against both tonsils (or where they would have been). Swab for 10 seconds or 5 rotations

**10**  
seconds

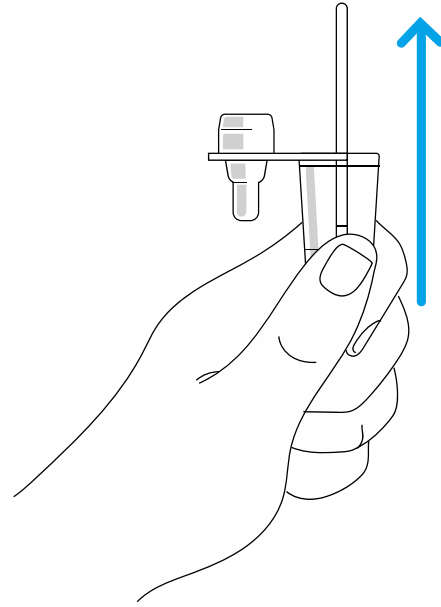


Gently tilt the head back and insert the swab to 2.5cms into the nostril and rotate the swab 10 seconds

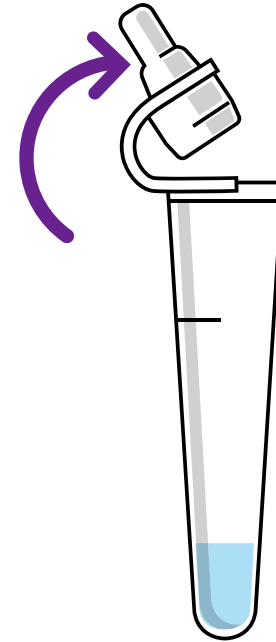
# Performing the test



Swirl the tip of the swab in the solution fluid whilst squeezing the tube from the outside for ten seconds

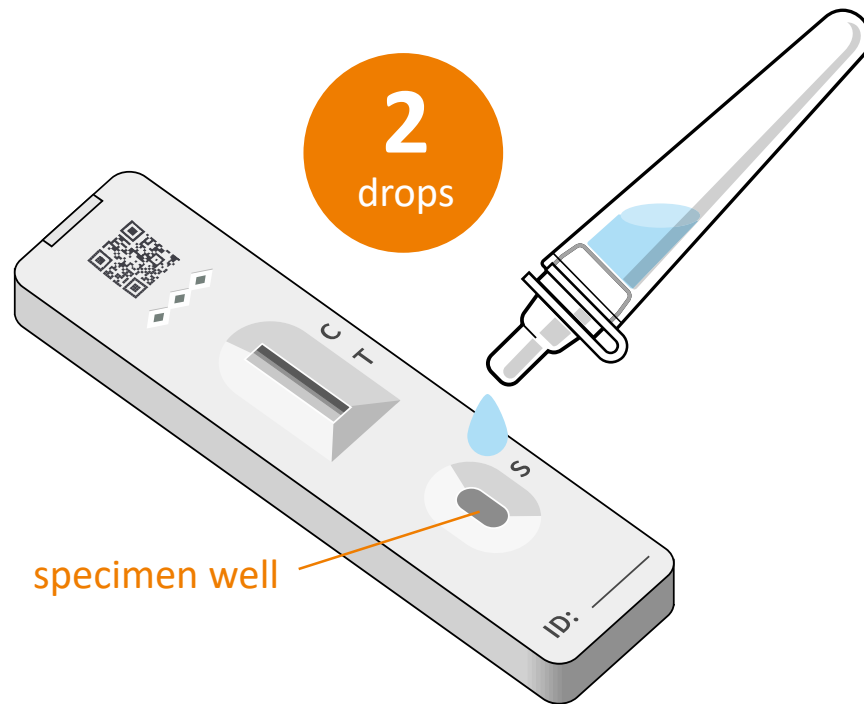


Remove the swab from the extraction tube and dispose into domestic rubbish bag



Tightly place the cap on the extraction tube

# Completing the test

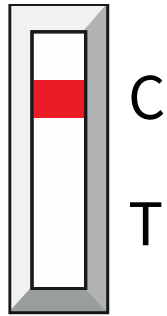


Dispense two drops of the specimen solution vertically into the specimen well on the device: marked S

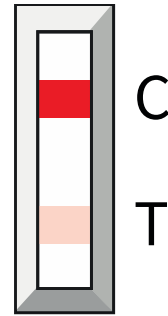
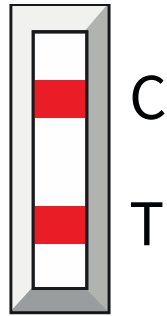


Set a timer for 30 minutes

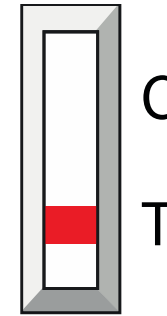
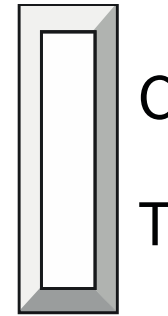
# Results



**Negative**



**Positive**



**Invalid**

## Please note:

If your test result is negative you should **not** regard yourself as free from infection – the test could be a false negative – you may also go on to acquire the virus in the period before the next test. You should remain vigilant to the development of symptoms that could be due to COVID-19.



# Reporting the results

**If the test result is positive you and your household must self-isolate and you cannot go to work. You should arrange to take a confirmatory PCR test following Scottish Government guidelines.**

## **If the test result is negative:**

You can go to work if you have no symptoms of COVID-19.

If your test result is negative **you should not regard yourself as free from infection** – the test could be a false negative – you may also go on to acquire the virus in the period before the next test. You should remain vigilant to the development of symptoms that could be due to COVID-19.

## **If the test result is invalid:**

Repeat the test with a new test kit.

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No matter what your test result is it should be recorded using the NHS Scotland Covid Testing and Registration System [COVID Testing Portal](#)

# Disposing of your test

## If you are carrying out the test in your own home:

- If your test is **negative** dispose of the testing equipment in the domestic waste and wash your hands using warm water and soap.
- If your test result is **positive** you should double bag the test equipment including the test solution and store safely for 72 hours before disposing in the household waste and wash your hands.

## If you are carrying out the test in a service based building:

- Carefully dispose of the test device and equipment and then wash your hands using warm water and soap. Do not dispose of in clinical waste (yellow or orange).
- Please see separate detailed guidance regarding disposing of the used tests and other waste and consult your local waste operator for removal arrangements.

Regardless of the test result **do not** dispose of in clinical waste (yellow or orange bags).

**Disposal advice may be subject to change based upon future waste disposal guidance.**

# Standard Operating Procedure

The content of this resource has been developed from the Scottish Government standard operating procedure **Rollout clinical guidance for testing designated Care at Home Workstream 2 individuals (sheltered housing staff and wardens offering personal care, day care service staff and personal assistants) with Lateral Flow Antigen Testing Devices**

## Further Information

The manufacturer's instructions for use (IFU) are included in the box and are detailed and very technical. These do not need to be followed as Sheltered housing staff and wardens, day care service staff and personal assistants will use the test in a slightly different way, which has been agreed with experts, discussed with the Medicines and Healthcare Regulatory Authority (MHRA) and the manufacturer has been informed.

This resource may be made available, in full or summary form, in alternative formats and community languages.

Please contact us on 0131 656 3200 or email [altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk) to discuss how we can best meet your requirements.



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