



How to use the covid-19 self-test

There are five test kits in each box provided by Kristiansand municipality. The test manufacturer is Roche. There is a link to a video of this procedure below.

01 Preparations

- Wash your hands with soap and water or use a hand sanitizer.

02 Preparing and collecting the sample

- Open the foil pouch marked with “2”, remove one nozzle cap and one of the tubes with liquid. Open the tube and carefully place it in the tube holder.
- Open a swab package and remove the swab, without touching the soft pad at the tip.
- Tilt your head slightly backwards and insert the swab approximately 2 cm into each nostril, without using force.
- Rotate the swab in each nostril for approximately 15 seconds in total. It is important that the swab has good contact with the nasal wall, but do not use force.
- When finished, insert the swab into the tube and stir 10 times.
- Then, squeeze the sides at the bottom of the tube while carefully removing the swab. Discard the swab.
- Seal the tube with the nozzle cap and place the tube in the tube holder.

03 Performing the test

- Open one of the foil pouches marked with “1” and remove the test device.
- Drop four drops onto the circular well on the test device (not the rectangular window).
- Wait 15–30 minutes.

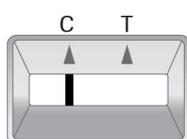
04 Read the results

- A line at position “C” indicates a negative result (A)
- If there is a line at both positions “C” and “T”, the test result is positive (B)
- Even if the lines are faint, they are valid. See the pictures below.

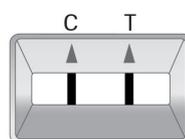
If the test result is positive: Please call the corona centre at tel. 94 80 90 41 and inform them as soon as possible.



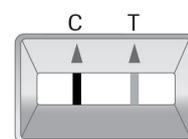
Instructional video on self-testing



A: Negative test



B: Positive test



kristiansand.kommune.no/korona/

English