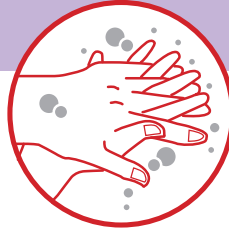


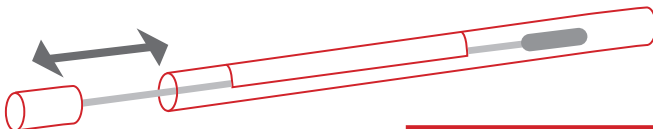
Self taken swab information

FEMALE: Vaginal swab

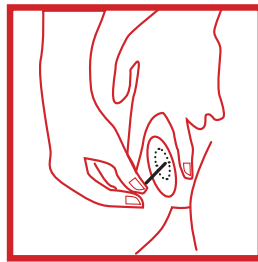
❶ Thoroughly wash your hands, and unpack your test kit.



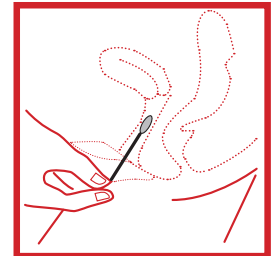
❷ Remove the swab from its tube. Avoid touching the tip of the swab, or laying it down.



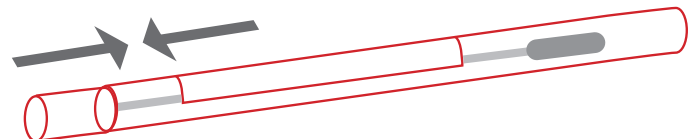
❸ Carefully insert the swab half a finger length into your vagina.



❹ Rotate the swab a number of times around the inside of your vagina.



❺ Return the swab to the tube and ensure you tightly secure the cap.



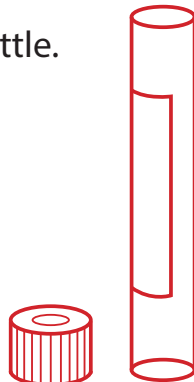
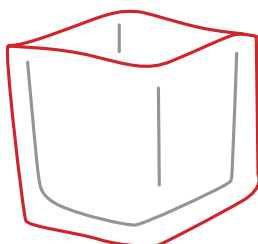
❻ Place the tube with your completed details into the clear plastic bag.

MALE: Urine sample

❶ Thoroughly wash your hands, and unpack the kit near a toilet.

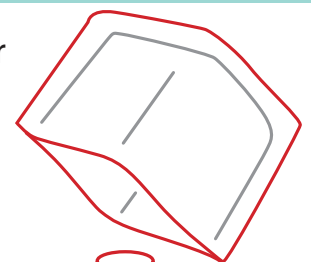


❷ Open the sample bottle.

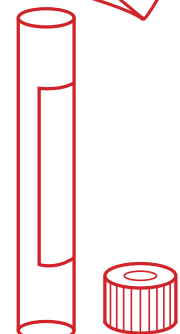


❸ Use a clean container to collect the first part of urine/wee.

❹ Carefully pour your sample into the bottle.



❺ Tightly secure the cap.



❻ Place the urine sample with your completed details into the clear plastic bag.