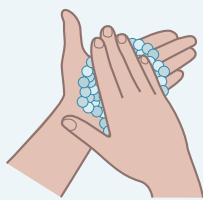
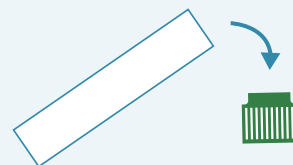


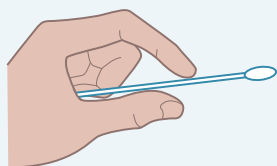
# Taking a combined self throat and nose swab



**STEP 1**  
Apply Hand Sanitiser



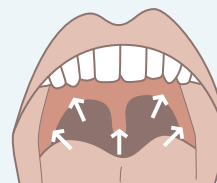
**STEP 2**  
Take the lid off the bottle and place on a flat surface



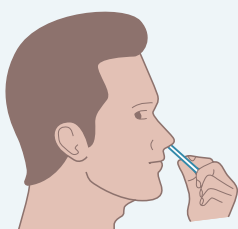
**STEP 3**  
Take the swab out of the packet



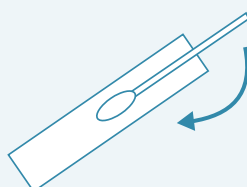
**STEP 4**  
Look in the mirror



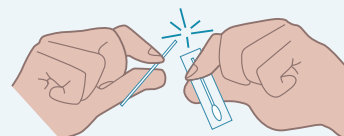
**STEP 5**  
Swab the back of the throat



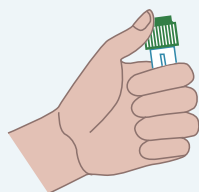
**STEP 6**  
Swab both nostrils



**STEP 7**  
Put the swab in the bottle



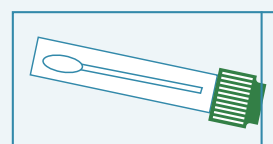
**STEP 8**  
Snap in the middle



**STEP 9**  
Tightly secure lid on bottle



**STEP 10**  
Scan the bottle



**STEP 11**  
Place in bag provided and hand in



States of Guernsey  
Public Health Services

For more information  
go to [gov.gg/coronavirus](https://gov.gg/coronavirus)