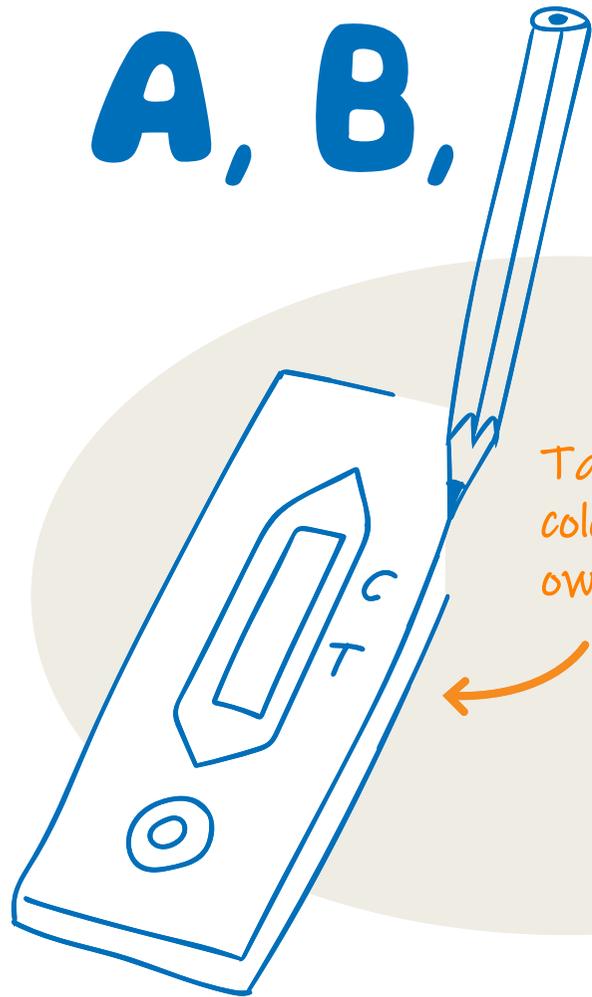


Your guide to Antigen Self Tests -  
as easy as:

A, B, Coronavirus



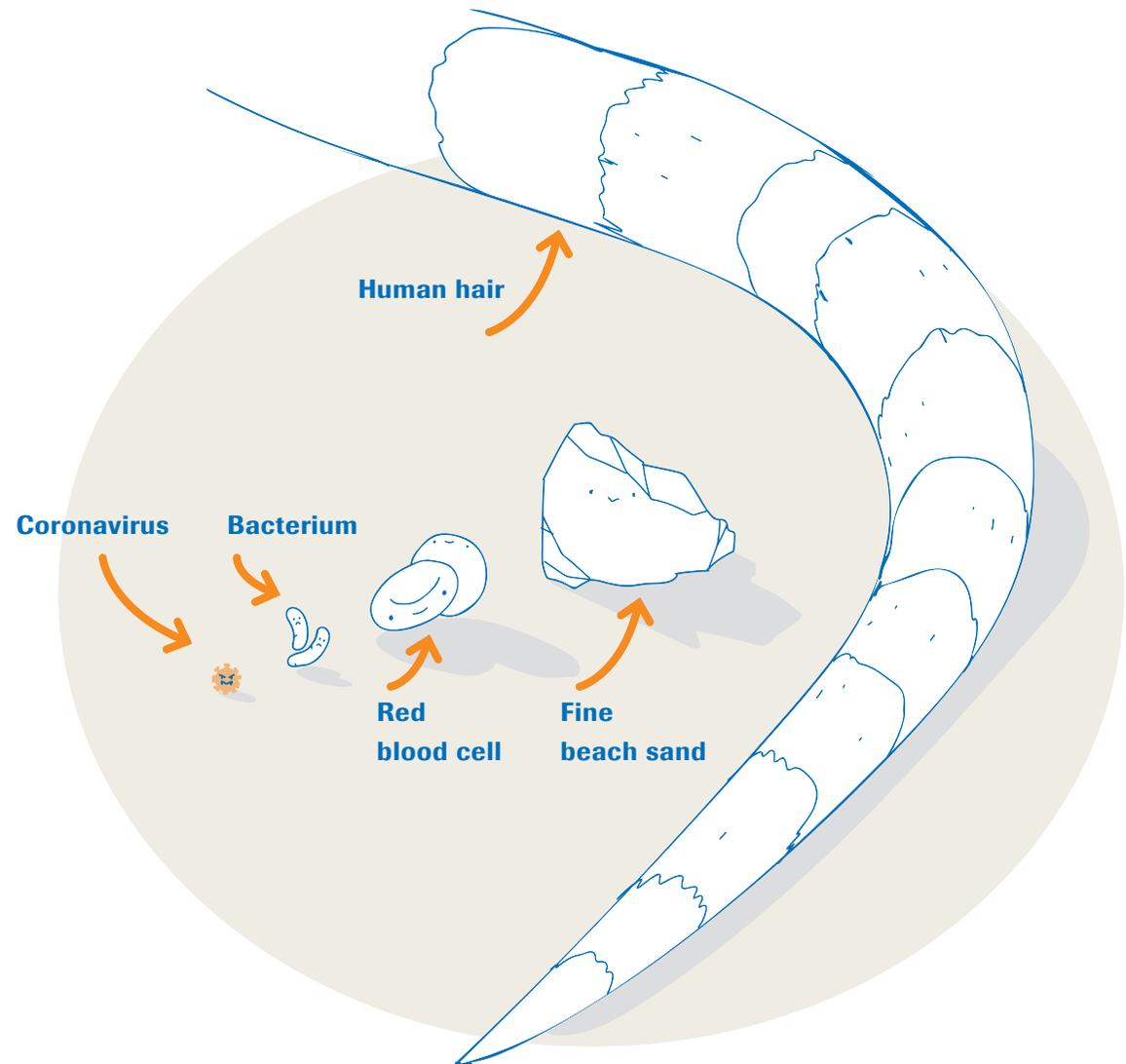
Take your favourite  
colours and design your  
own test device



# What is COVID-19?

Over the last few months, you might have heard a lot about **coronavirus**, which causes a sickness called COVID-19 and can make people feel unwell. This specific coronavirus was discovered in 2019 and since then it accompanies us all in our daily lives.

- **COVID-19:** sickness
- **Coronavirus:** virus that causes sickness



# Symptoms of COVID-19

Some people who get COVID-19 might have a **fever or a cough** and can feel **achy and tired**, while other people might have the virus and **not feel sick at all**.

→ **Symptom:** a way a sickness makes you feel



**Cough**



**Body ache**



**Fever**

# How do you know if you have COVID-19?

To find out **if you have COVID-19**, you **need to be tested**.

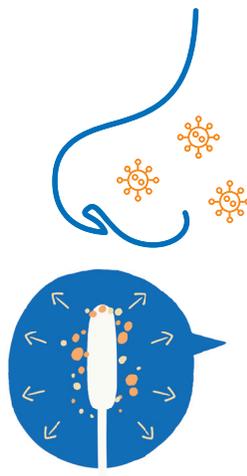
- Some people may need a test if they **have symptoms** of COVID-19 or if their doctor wants to make sure they are not sick
- It is also possible to test people who feel totally healthy in order to be really **sure that they are not carrying high amounts of the virus** that can be transferred to others

For example, you might have to **be tested once or twice a week** in order to be able to go to school.



## What kind of test do doctors use?

There are different tests available, but right now the **most common** one is a test done **with a swab in the nose**. Your doctor uses a nasal swab to collect some of the mucus in your nose. That's because **the virus causing COVID-19 lives in the nose and throat**. The swab test can check if the virus is in your mucus.



## What is a Self Test?

There are some tests available which are really **easy to perform**, so that people can learn how to test themselves.

The good thing is that people **no longer have to go to a test centre or to the doctor**, but can easily do the test at home or at school and read the result after 15 minutes.

Self Tests are used to identify people that have a lot of the virus in their bodies and could pass this on to others. They can therefore help us all to care of the people around us and **make everyday life safer**.



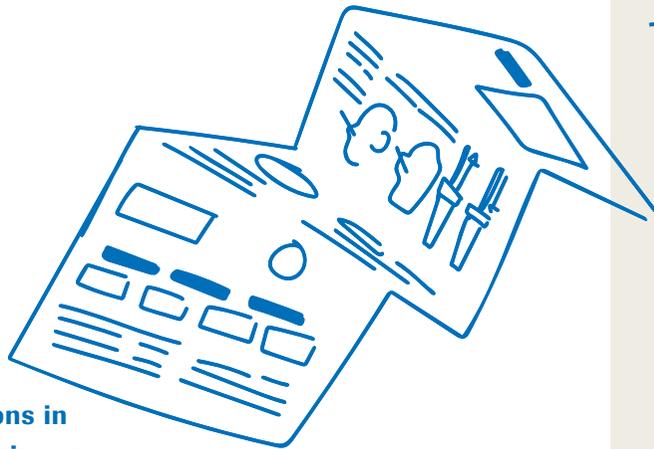
Where can you take a Self Test?  
Check the correct answer.

- only at the doctors
- everywhere, when a supervisor is present
- at the hospital

## How is a Self Test carried out?

You should do the test under the **supervision of an adult**, for example, together with your parents or teacher. Always ask for support if something is not clear to you. If you feel uncertain about performing the test yourself, your parents can also do the test for you, just like a doctor would do it.

The instructions in the package give you all the information you need to perform the test. Look at them carefully.



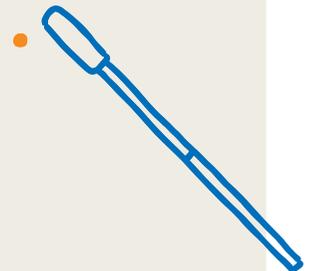
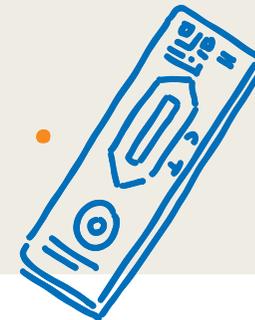
## Does it hurt?

A nasal swab test can feel a little weird. Some say the test makes their eyes water and their nose feel tickly, but it should not feel uncomfortable.



**This is an Antigen Self Test:  
can you connect the components?**

- Test device
- Swab
- Buffer tube
- Tube holder
- Nozzle cap



# Testing essentials



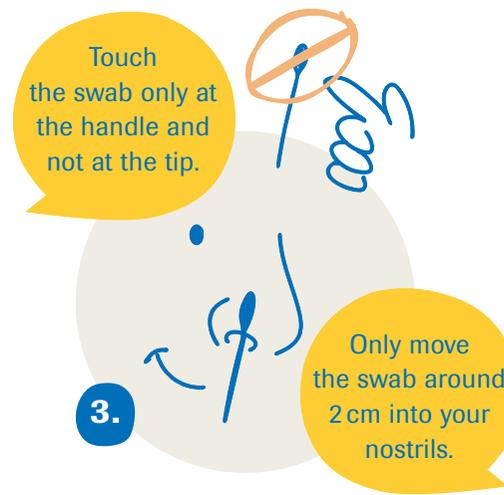
1.

Blow your nose with a tissue and wash or disinfect your hands afterwards.



2.

Open the prefilled tube and place it in the holder.



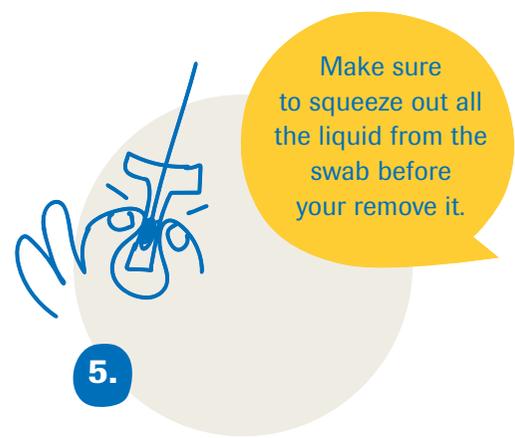
3.

Take the swab and rotate it 4 times in each nostril without pressure.



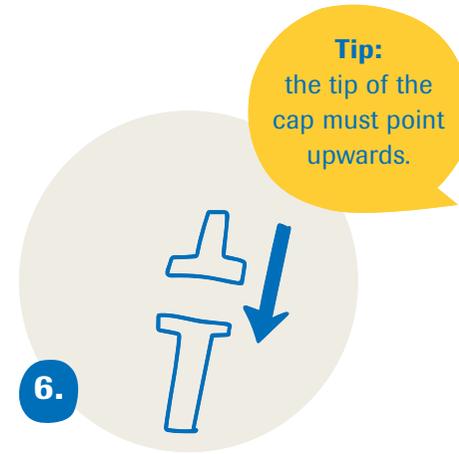
4.

Dip the swab into the liquid in the tube. Stir the swab at least 10 times.



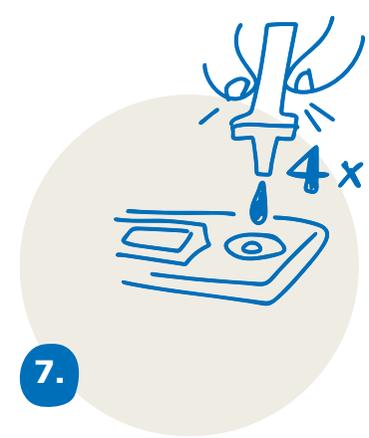
5.

Squeeze the tube with both fingers and gently pull the swab upwards out of the tube.



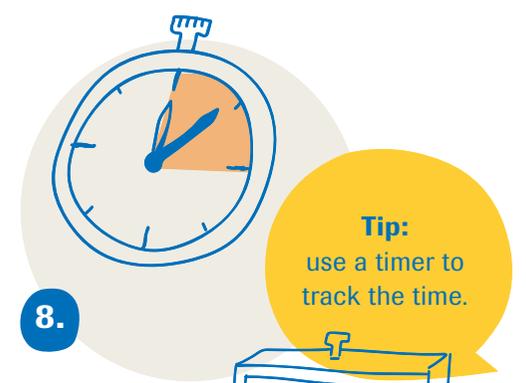
6.

Press the small plastic nozzle cap onto the tube.



7.

Squeeze 4 drops into the round opening of the test device.

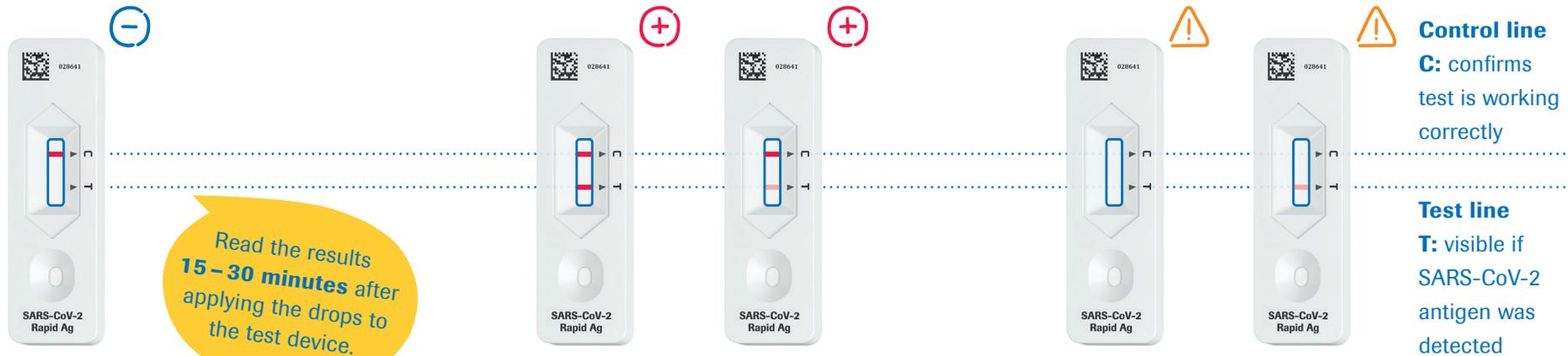


8.

Wait 15 minutes for the result.



# What does the result mean?



## Negative test result

A negative test result means that you are currently most likely **not infected** with COVID-19.

### ➔ And now?



Note: in this case “negative” is a good thing!



Continue to follow local guidelines like e.g. keeping distance to others or wearing a mask.



## Positive test result

This means that you **might have a COVID-19 infection**.

### ➔ And now?



In case you are at school, your teacher will call your parents. Otherwise, you need to stay at home.



See a doctor to confirm you really have COVID-19.

## Invalid test result

This means that the test **wasn't working** properly.

### ➔ And now?



You should repeat the test with a new set.

If there is anything that might confuse or worry you, **don't be afraid to ask someone you trust.**

# Please remember:

- A positive result is not your fault. This can happen to anyone.
- Don't be scared if your test is positive. You might experience some symptoms like a cough or a fever, but in children, a COVID-19 infection is usually harmless<sup>1</sup>.
- Don't be afraid of being a hazard to others. There is no need to worry, because with the appropriate safety measures you can help protect everyone around you.

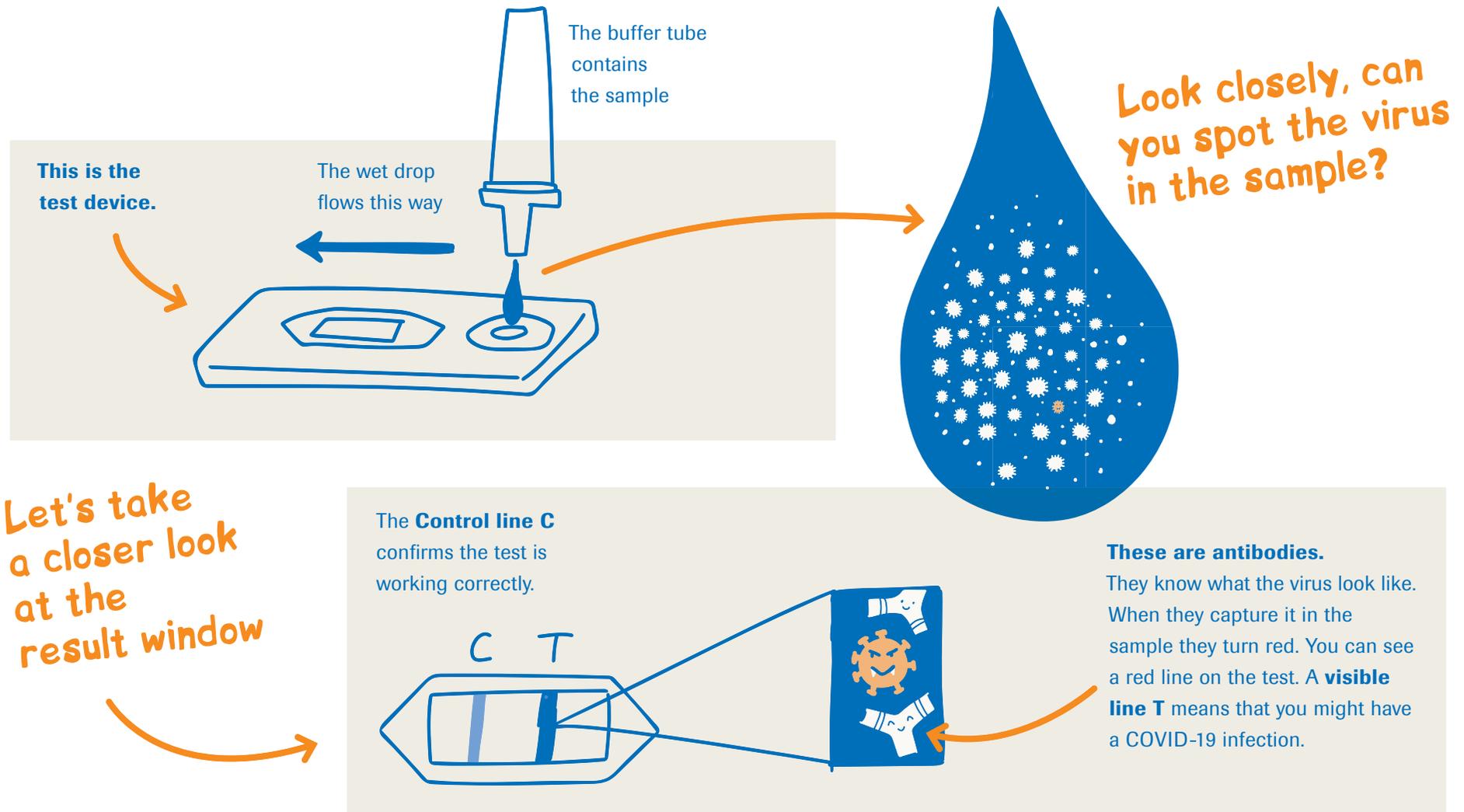
A test result is **only valid for a short amount of time**. It is like a snapshot.

Can you think of other things that only work in a specific time frame?



<sup>1</sup> U.S. CDC. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/symptoms.html>  
Published March 17, 2021. Accessed June 11, 2021.

# Bonus: How does a rapid test work? How does the test device know the result?



© 2021 Roche Diagnostics Limited. All rights reserved.

All brand names or trademarks are the property of their respective owners.

**Roche Diagnostics Limited**

Charles Avenue

Burgess Hill

West Sussex

RH15 9RY

Company Registration Number: 571546

Date of preparation: June 2021

Document Number: MC-UK-00914

For healthcare professional use only in the UK and Ireland. Not for distribution.

[diagnostics.roche.com](https://diagnostics.roche.com)