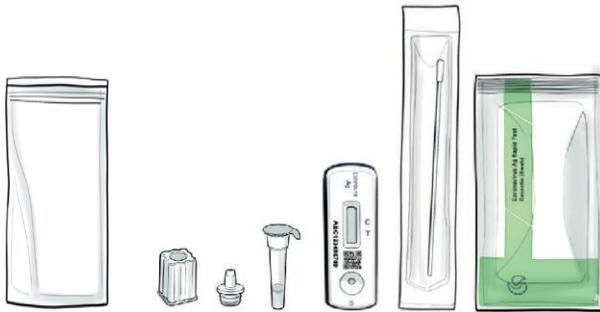


Your step-by-step guide to the Healgen Rapid Covid-19 (Antigen) Self-Test and obtaining your fit-to-fly certificate



How to obtain your Fit-to-Fly Certificate

- 1) Follow the instructions and steps in this guide and conduct the test.
- 2) Create an account and/or log on to our website www.testify.co.uk and click **'Register your test'**
- 3) Complete the short questionnaire and upload the images.
- 4) You will receive your certificate within 4 hours (Mon–Fri 9am-4pm)

If you test positive for Covid-19 we are unable to issue a Fit to Fly certificate, please follow the National government guidelines

Prepare test area & Setup

! It's very important that you read the instructions and follow the steps in the correct order.

Each test will take about 15 minutes and the result will be ready after a further 15 minutes.

You will need: a timer (a watch or clock), tissues, a mirror, surface cleaner and gloves (if testing someone outside your household bubble).



1 Immediately before performing the test, clear, clean and dry a flat surface to place the home test kit on. This is to avoid contaminating the test.

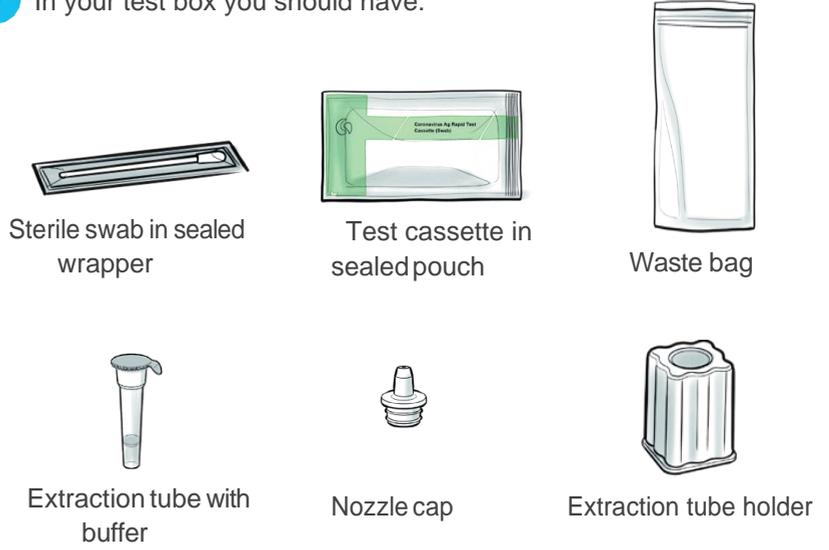


2 Wash your hands thoroughly for 20 seconds, using soap and water, or hand sanitiser. This is to avoid contaminating the test.

If doing more than one test, clean the surface and rewash your hands between each test.

Check Test kit contents & take image

3 In your test box you should have:



Important

Please initial and date **blank test** cassette and take an image placing it besides your passport as below (before doing the test)

1. Prepare test area & Setup

Orient Gene Rapid Covid-19 (Antigen) Self-Test
GCCOV-502a-H7OG



Do not bite the seal film of the extraction tube. Avoid the extraction buffer making contact with your skin.



The extraction buffer contains preservatives which may cause an allergic reaction in some people. If the solution makes contact with the skin or eye, wash with lots of water. If skin irritation occurs get medical attention.



4

Keeping the tube away from your face, gently peel off the sealing film on the extraction tube to avoid spilling any fluid.



5

Place the extraction tube containing the buffer into the extraction tube holder.



6

Gently blow your nose into a tissue and throw it away in your general household waste. This is so that you get rid of excess mucus.

If you are testing a child/dependent help them to blow their nose, as required.



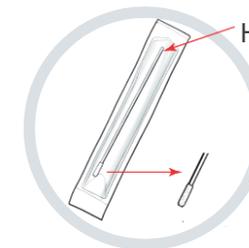
If you are assisting a child/dependent and are **not part of their household or support bubble**, you should wear gloves after washing your hands.



7

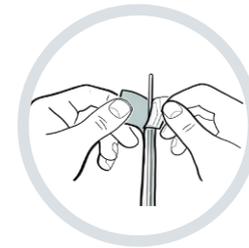
Wash your hands thoroughly for 20 seconds **after blowing nose**, using soap and water, or hand sanitiser. This is to avoid contaminating the test.

If you help a child/dependent blow their nose, **both of you must wash your hands** thoroughly for 20 seconds, or use hand sanitiser.



8

Find the sterile swab in the sealed wrapper. Identify the soft, fabric tip of the swab.



9

Peel open the swab package and gently take out the swab.



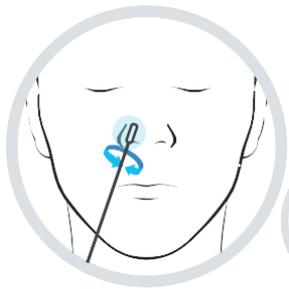
Never touch the fabric tip of the swab with your hands or touch any surfaces.

3. Take swab sample

If testing a child under 12, or a person who requires assistance, follow the alternative steps for 10 and 11 in the 'Testing a child or someone else' section on page

 Please ensure all nose piercings or similar jewelry are removed prior to swabbing.

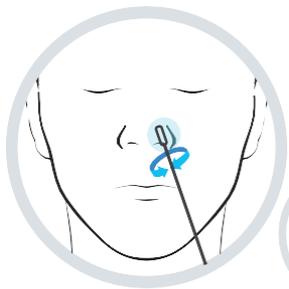
Testing yourself



10 First nostril
Place the fabric tip of the swab just inside one nostril (approximately 2.5cm), ensure that the fabric tip of the swab is placed 2.5 cm inside the first nostril.

Gently wipe the swab around the inside of your nostril in a **circular motion 5 times**. Ensure there is good contact between the fabric tip of the swab and the inside of the nostril.

No force is needed and you do not have to push far into your nostril.



11 Second nostril
Use the same swab, place the fabric tip of the swab just inside the other nostril (approximately 2.5cm), ensure that the fabric tip of the swab is placed 2.5 cm inside the second nostril.

Gently wipe the swab around the inside of your nostril in a **circular motion 5 times**. Ensure there is good contact between the fabric tip of the swab and the inside of the nostril.



 If you experience a nose bleed during the swabbing, please stop swabbing. The swab can not be tested. It is recommended to consult your doctor if bleeding persists.

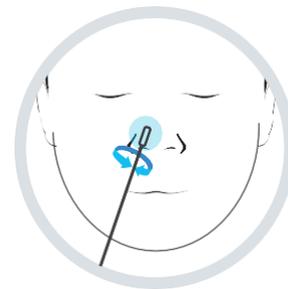
Testing child or someone else

 You should wear gloves when handling samples of those you are helping, if they are outside your bubble. If gloves are not available, wash your hands thoroughly to prevent any sample contamination.



10 First nostril
Place the fabric tip of the swab just inside one nostril of the child/person you are testing.

Gently wipe the swab around the inside of their nostril in a **circular motion 5 times**. No force is needed and you do not have to push far into the nostril, make sure there is good contact between the fabric tip of the swab and the inside of the first nostril.



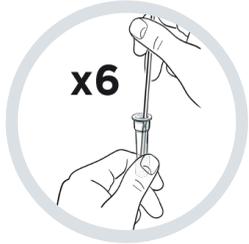
11 Second nostril
Use the same swab, place the fabric tip of the swab just inside the other nostril of the child/person you are testing.

Gently wipe the swab around the inside of their nostril in a **circular motion 5 times**, make sure there is good contact between the fabric tip of the swab and the inside of the second nostril.

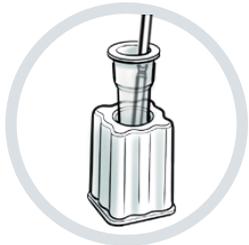


 If the person you are swabbing experiences a nose bleed, please stop swabbing. The swab can not be tested. It is recommended to consult their doctor if bleeding persists.

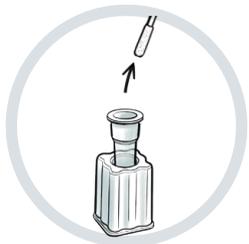
4. Process swab sample



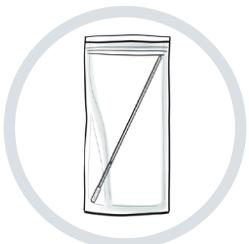
- 12** Place the fabric tip of the swab into the extraction tube fluid.
Press the tip against the edge of the extraction tube with force, while rotating it around the tube **at least 6 times**.



- 13** Leave the swab in the extraction tube, **set a timer** and leave for **1 minute**.



- 14** Withdraw swab from the extraction tube.



- 15** Place the swab into the plastic waste bag.
If wearing gloves, remove and place into the plastic waste bag.



- 16** **Push** the nozzle cap tightly on to the extraction tube to avoid any leaks.
Place the extraction tube back in the extraction tube holder.



- 17** Take the test cassette and place it onto the cleaned flat surface.

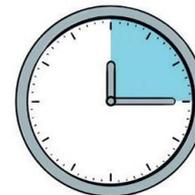


- 18** **Gently squeeze** the extraction tube to place **4 drops** of liquid onto the sample well (marked S) on the test cassette.



- Make sure you place the test cassette on a **flat and level surface**. Do not move the test cassette during the test. Slowly add drops to the sample. Do not overfill.

15 Minutes



- 19** Set a timer.
Wait 15 minutes to read your result.

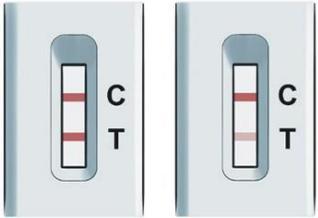


- Do not leave the test to develop for **longer than 20 minutes** as this will void the test. If the test is left longer than 20 minutes, please conduct the test again.

5. Read results

20

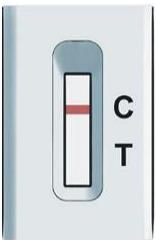
Result Window



IMPORTANT

If you test positive, you and your household must self-isolate following government guidelines [nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/)

(C) and a test line (T), even a faint line, within the result window indicates the test is positive.

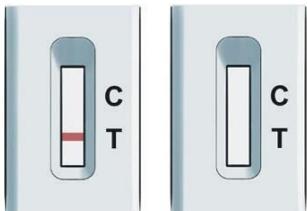


Control (C)
Test (T)



Negative result

The presence of only a control line (C) within the result window indicates the test is negative.



Void result

If the control line (C) is not visible within the result window after performing the test, the result is considered void. If you get a void result, you must perform a new test.

6. Submit your Test result

Please Take a Second Image confirming the negative result.



Submit Result online

- Please go to www.testify.co.uk and click 'Register Your Test'
- complete the questionnaire
- Upload images
- Submit

7. What your results mean

Rapid Covid-19 (Antigen) Self-Test

You've only completed your test when you've reported your result

+ Positive result

If you get a positive result **it is likely you are infected with coronavirus** and risk infecting others. When you report your result, you will be provided with further information on the next steps to take.

WARNING

You, anyone who lives with you, and anyone in your support bubble, must self-isolate in accordance with current national and local guidance, which can be found at: [nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/)

- Negative Result

If you get a negative result, it is likely that you were not infectious at the time the test was taken. A negative test result, however, **is not a guarantee that you do not have coronavirus**.

ADVICE

If you test negative, you must continue to follow national and local rules and guidelines including regular handwashing, social distancing and wearing face coverings, where required.

⊘ If you get a void result, this means that the test has not run correctly. You need to take another test. Use a new test kit, but **do not reuse** any of the components from the test you have just done.

ADVICE

If the problem persists, discontinue using the test kits immediately. Order a new pack of test kits.

8. Dispose of the test kit



21

Place the **test cassette** into the plastic waste bag along with the extraction tube, swab and any remaining packaging waste except for the extraction tube holder.



22

Place the plastic waste bag into your general household

