

# Step-by-step Guide for Self-Swab (Supervised & Home)

- ART Guides
  - [go.gov.sg/pet](https://go.gov.sg/pet) (Section 6)
- Double – Swab Video (upcoming)
- Self-swab instructions poster

## SELF-SWAB INSTRUCTIONS

**DO NOT PROCEED IF:**

- Nosebleed in the past 24 hours
- Nasal surgery in the last 4 weeks
- Facial injury in the last 8 weeks

### SWABBING PROCEDURE

- Please clean your hands before starting the test.
- Before starting the test, please take out one swab stick, one reagent tube and one cartridge. Loosen the cap of the reagent tube and take out the cartridge from its packaging.
- Remove swab stick from package.
- Insert the swab stick into the nostril (~2.5cm). Twirl the stick 5 times and leave it in for 5 seconds.
- Repeat for the other nostril with the same swab.
- Insert swab stick into the reagent tube. Plunge the swab up and down for 15 seconds.
- Squeeze the reagent tube when extracting the swab.
- Close the cap of the reagent tube firmly. You should hear a "click" sound.
- Use your finger to gently tap the side of the tube a few times. This helps to mix the solution.
- Place 3 drops onto the sample well of the test cartridge.
- Wait for 15mins before checking the results on the test cartridge. Please keep the cartridge on a flat surface during this time.
- Read the results on the test cartridge. If you see a line appearing at both the "C" and the "T" position, this indicates a positive test. Please call the hotline number immediately.

**IF YOU SEE A LINE APPEARING AT ONLY THE "C" POSITION, THIS INDICATES A NEGATIVE TEST.**

**IF YOU SEE A LINE APPEARING AT ONLY THE "T" POSITION, THE TEST IS INVALID. PLEASE REPEAT THE TEST ON ANOTHER TEST KIT, AND INFORM THE QCF STAFF IF YOU NEED MORE TEST KITS.**

**POSITIVE**

"C" Control Line  
"T" Test Line

**NEGATIVE**


"C" Control Line  
"T" Test Line

**INVALID**

"C" Control Line  
"T" Test Line

- Dispose all used swab sticks, reagent tube and test cartridge into the biohazard bag.
- Clean your hands after the test.

You may also refer to this QR code for video instructions



MINISTRY OF HEALTH

Test Kit	Self-Swab Instructions Poster
SD Biosensor	<a href="https://go.gov.sg/bca-art-sd-biosensor">go.gov.sg/bca-art-sd-biosensor</a>
BD Veritor	<a href="https://go.gov.sg/bca-art-bd-veritor">go.gov.sg/bca-art-bd-veritor</a>
Abbott Panbio	<a href="https://go.gov.sg/bca-art-abbot-panbio">go.gov.sg/bca-art-abbot-panbio</a>

QR code links to an interactive site:  
[go.gov.sg/art-instructions](https://go.gov.sg/art-instructions)

# Simple Guide to ART Self-test Kits



## YOUR SIMPLE GUIDE TO ANTIGEN RAPID TEST (ART) SELF-TEST KITS



### The **ABCDS** of ART self-test kits

Antigen Rapid Test (ART) self-test kits are made available to be purchased over the counter for individuals who are worried that they may have COVID-19 and want to put their mind at ease. ART screens for SARS-CoV-2, a virus that causes COVID-19. It is a quick screening tool to pick up any possible infection early. The test is easy to do and safe, taking only less than 20 minutes.

Here's a simple way to remember the ABCDS of ART self-test kits:

#### Act

Act if you are worried that you may have COVID-19. Get at least two ART self-test kits to stock up at home just in case you need it.



If you are invited to go for any COVID-19 tests by MOH, please follow MOH's instructions on the testing requirements.



If you have any acute respiratory infection (ARI) symptoms such as fever, cough, flu, or runny nose, please visit a Swab And Send Home (SASH) clinic listed on [phpc.gov.sg](http://phpc.gov.sg) to seek medical attention immediately and do not perform any ART self-testing.



Please do not perform the ART self-testing at home if you have had any of the following:

- Nosebleed in the past 24 hours; or
- Nasal surgery in the last 4 weeks or facial surgery in the last 8 weeks.

Instead, please visit a licensed ART provider\* to have your test performed by a professional. Please call ahead to make sure the ART provider is able to provide a private-paid ART for you.

\*The list of swab providers can be found at [go.gov.sg/swabproviders](http://go.gov.sg/swabproviders)

#### BE INFORMED

Be informed and read through clearly how to use the ART self-test kits correctly, according to manufacturers' instructions. Instructions and requirements will vary with the brand of test kits used.

Before you perform the test, please ensure the following:



You are in a well-ventilated room, away from others.



Find a flat surface to place your cartridge, you may need a mirror and a timer to guide you.



The surfaces used can be easily cleaned and wiped down e.g. your bathroom may be a good place to conduct the test.

English: [go.gov.sg/bca-self-art-eng](http://go.gov.sg/bca-self-art-eng)

Chinese: [go.gov.sg/bca-self-art-chi](http://go.gov.sg/bca-self-art-chi)

Malay: [go.gov.sg/bca-self-art-mal](http://go.gov.sg/bca-self-art-mal)

Tamil: [go.gov.sg/bca-self-art-tam](http://go.gov.sg/bca-self-art-tam)