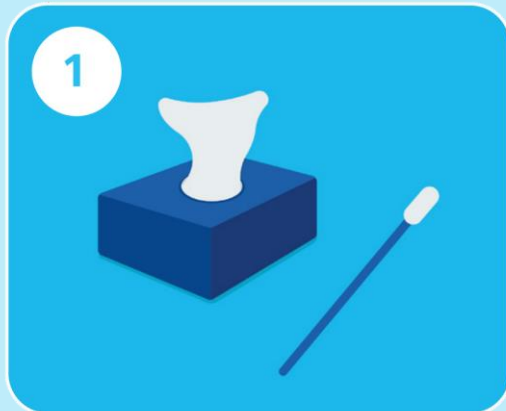
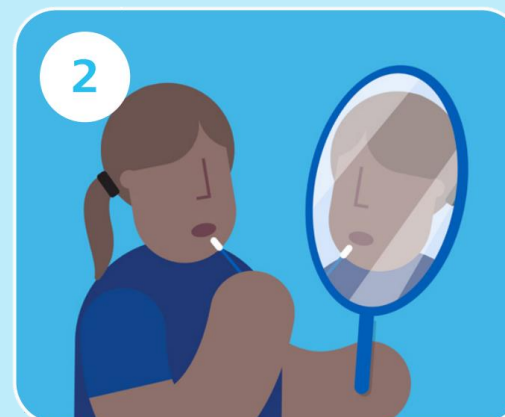


Sanitise your hands and follow these instructions...

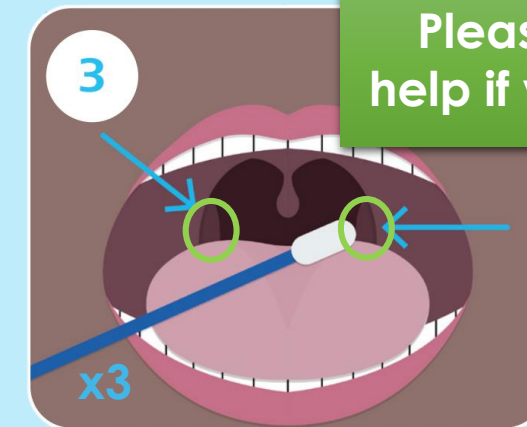


Blow your nose.  
Then sanitise your  
hands again.

Remove the  
Swab from  
the packet.  
**Don't touch  
the soft part.**

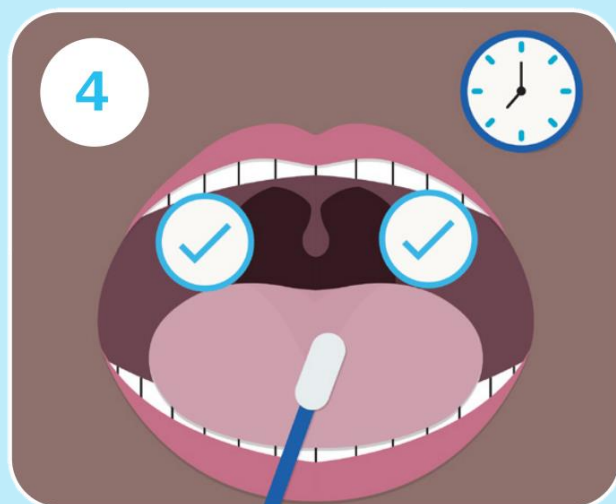


Open your mouth  
and use the mirror to  
find your tonsils

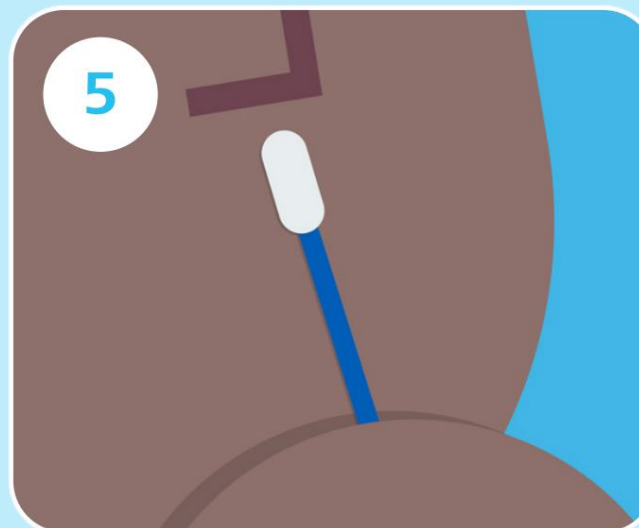


Please ask for  
help if you need it

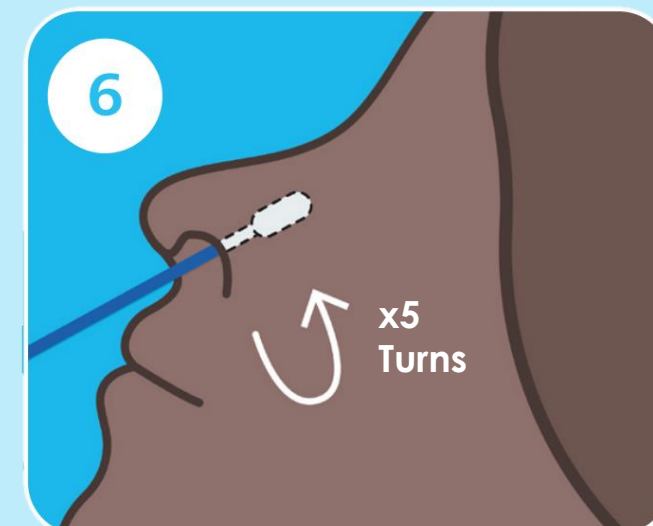
Rub the swab over  
your tonsils at the  
back of your throat  
**at least three times.**



Remove the Swab from  
your Mouth.  
Be careful **not to touch  
your tongue or the side of  
your mouth with the swab.**



Insert the same swab  
into one of your nostrils,  
by **about 2.5cm.**  
Until you feel some  
resistance.



Rotate the swab  
**slowly five times** then  
remove it.

Wait here for more instructions...