



*Welcome
back*
We can move mountains



Bramhall High School

Every Student Every Subject Every Grade

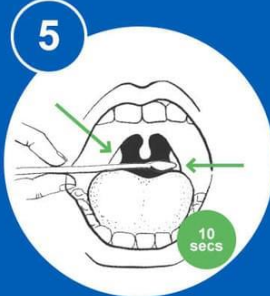
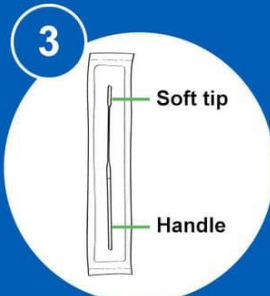
When you come to get a Rapid flow test at School you will.....

- Be free from any Covid symptoms
- Wear a mask
- Be in uniform
- Bring a mobile phone (If you **don't** have one a member of staff will Register your test information)
- Have your Parent/Carers mobile number & email address
- Arrive at school at your Core groups allocated time.



• Step-by-step guide for self-swab tests

- **Sanitise** hands
- **1. Locate tonsils** or tonsil area using a mirror and torch or phone
- **2. Blow nose** into a tissue, put the used tissue in the healthcare waste bin
- **Sanitise** hands
- **3. Check swab** packet is sealed
- **4. Remove swab** holding the handle
- **5. Open mouth** and rub the swab on each tonsil or tonsil area at least three times
- **6. Insert swab** in to nostril until there is slight resistance and rotate five times



Be safe.

Be patient.

Be kind.



Bramhall High School

Every Student Every Subject Every Grade