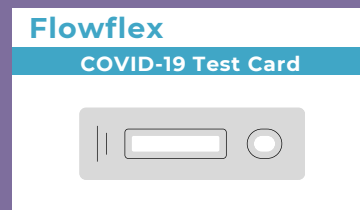
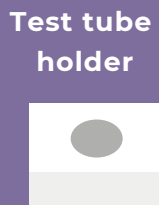
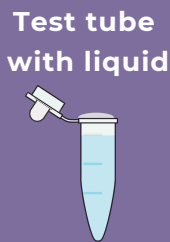


How to Use the Flowflex COVID-19 Self-Test

For more information on how to use this test, visit flowflexcovid.com

YOU SHOULD HAVE THESE ITEMS

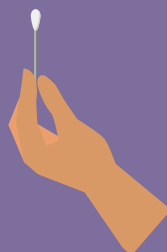


STEP ONE: SWAB YOUR NOSE

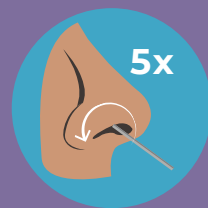
Remove the tin foil from the opening of the tube and place in the tube holder.



Remove the swab from the packaging and hold on the opposite end from the round part.



Move the swab around the inside of your nose (about 1/2 inch deep). **5 circles in each nostril.**

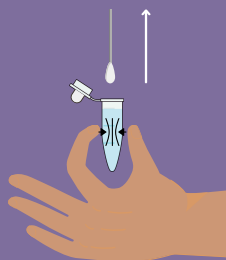


STEP TWO: MIX THE SAMPLE

Place the swab in the test tube with the liquid. Stir it around for **30 seconds**



Rotate the swab **5 times** while squeezing the tube. Then remove the swab from liquid while squeezing the tube.



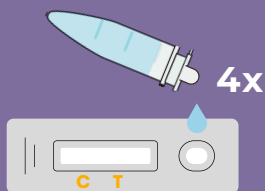
Place the cap back firmly on the tube. Mix the liquid again by swirling the tube.



STEP THREE: TEST THE SAMPLE

Squeeze **4 drops** onto the small circle on the test card.

Wait 15 minutes.



STEP FOUR: READ YOUR RESULTS

Two lines mean a **positive COVID** result.

A line only on the "C" means a **negative COVID** result.

No line or a line only on the "T" means the test is **not valid.**



*Lines may be faint



If you have any questions, please visit cv.nmhealth.org/selftest or call the Coronavirus Hotline: 1-855-600-3453

