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**Coronavirus (COVID-19):
what you need to do**

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

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[Home](#) > [COVID-19: guidance for taking swab samples](#)



Public Health
England

Guidance

How to use the self-swabbing kit for a combined throat and nose swab (video)

Published 23 April 2020

This video shows how to use the self-swabbing kit to take a sample to test for coronavirus (SARS-CoV-2).

It shows how to take a throat swab and nose swab using a single swab. The video should be viewed and used with the instruction sheet provided in the kit.

Kits are not available to purchase and you cannot obtain one directly yourself. A kit will only be supplied to you if you are eligible for testing, and further instructions will be given if necessary.

[Watch video](#)

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