


# How to use your

# **FIT TO FLY**

from  **Trusted PPE**



in partnership with



**UK WHOLESALERS**  
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## Step 1

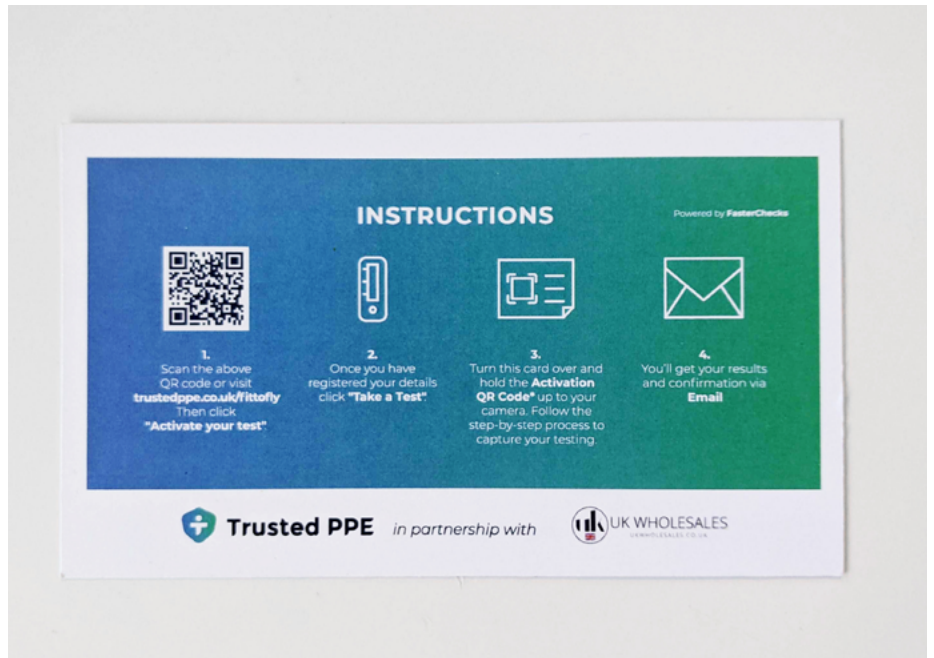
Included in your test pack:

- 1x Buffer fluid
- 1x Dropper tip for buffer fluid
- 1x Disposable swab
- 1x Test device  
(in a sealed pack)
- 1x Sealed disposal pouch
- Instructions
- Test activation card



## Step 2

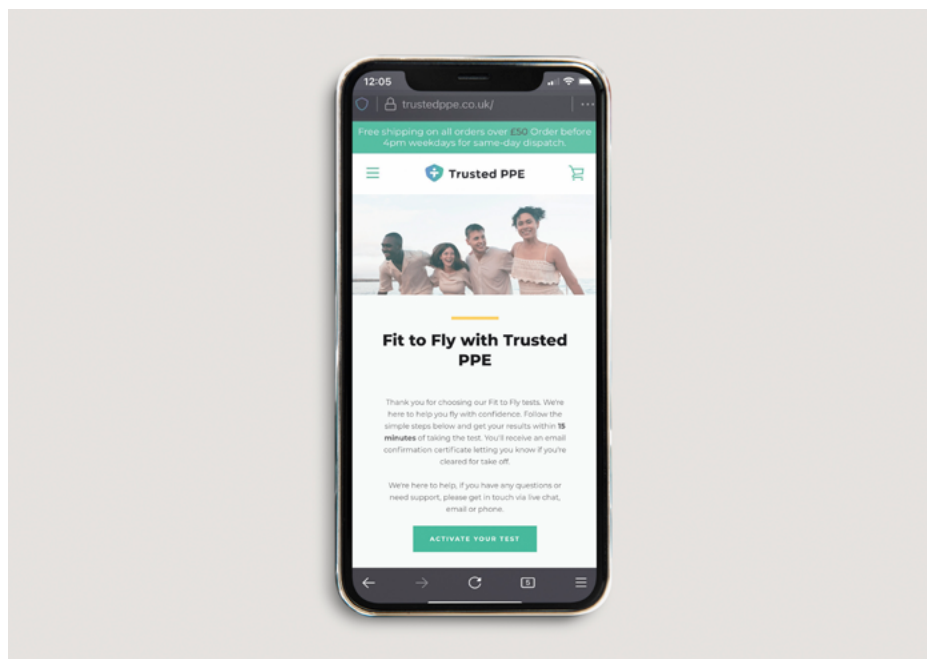
If you are using your mobile phone to log your test, scan the **QR code** on the instructions card, or if you are using your laptop, visit [trustedppe.co.uk/fittofly](https://trustedppe.co.uk/fittofly).



## Step 3

Click **'Activate your test'**

Register your details on the portal, then click **'Sign up'**.

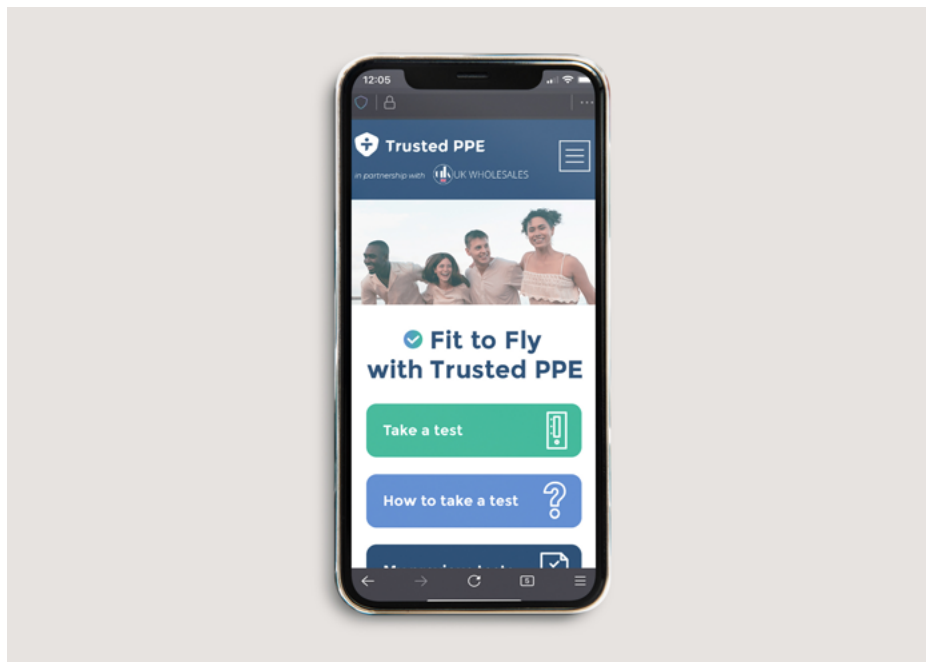




## Step 4

Once you have confirmed your email address, you'll be directed to the portal page where you can begin taking your COVID test.

Start by clicking on the **'Take a Test'** button.



## Step 5

Following the steps presented on the screen, using your webcam or phone camera, capture the activation **QR code** on the back of your card.

If you are having trouble scanning the code, please enter the **QR Code Number** provided on the activation card.



## Step 6

Capture your blank test.

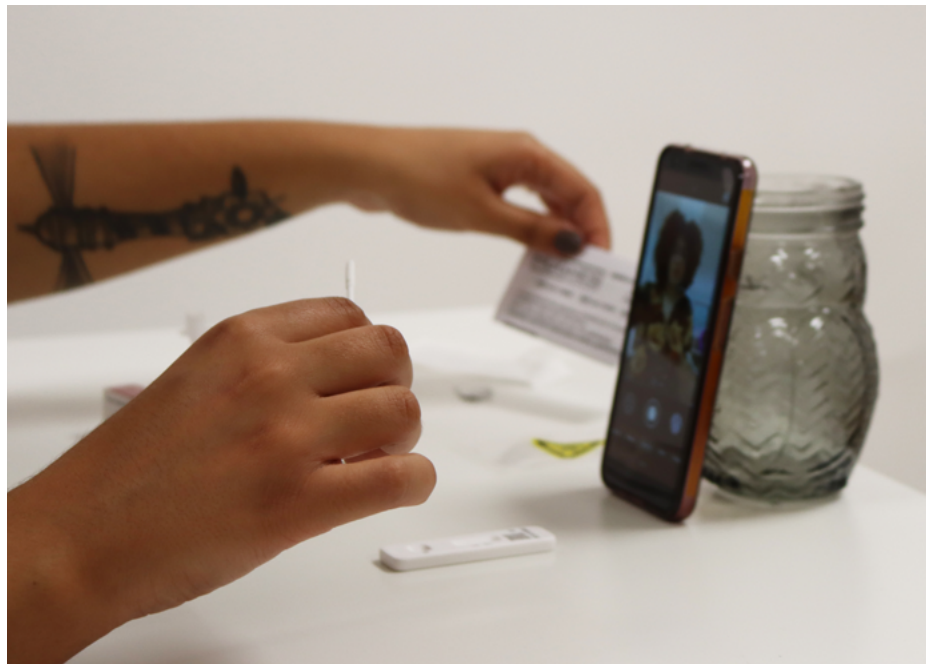


## Step 7

Click on record your video. Make sure the video device is upright and can see the testing equipment in front of you.

If you are using a phone, you can use a mug or glass to balance your phone before clicking record.

Don't forget to press **'Start recording'**.



## Step 8

Use the hole in the outer box packaging to keep your buffer fluid upright.



## Step 9

Carefully insert the swab into one nostril (around 2-3cm deep). Rotate around the nose wall 5 times and then repeat in the other nostril.

Insert the swab into the buffer fluid and swirl for at least 30secs. Remove the swab once this is done and attach the dropper tip.





## Step 10

Invert the dropper tip onto your strip and squeeze 4 drops into the sample well, marked 'S'.

STOP your video by pressing '**Stop Now**'.

Don't worry if you forget this, your video will automatically stop after 4mins.



## Step 11

Your timer will automatically start for **15 mins**.

Once the timer stops, look at your test strip and capture the result.



## Step 12

Dispose of your swab, buffer fluid and test strip in the sealed disposal pouch.

Once you have finished your results will be submitted to verify and your certification will be released to you upon completion, usually within 24hrs.

You will receive an approved certificate by email or you can download this on your phone directly.

