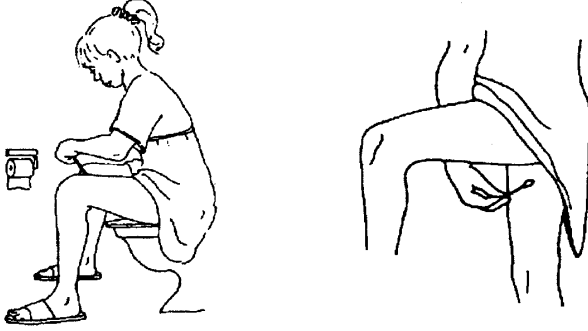


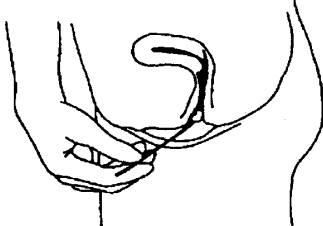
## How to take a self-obtained low vaginal swab (SOLVS) test

**1.**



Find a comfortable position, either sitting or standing.

**2.**



Put the tip of the cotton swab stick about two centimetres (length of one finger joint) inside your vagina.

**3.**

Turn the swab stick around once.

**4.**

Leave the swab stick in for a count of ten.

**5.**

Remove the swab stick.

Diagrams courtesy of Kimberley P.H.U.

Please photocopy this page as needed.