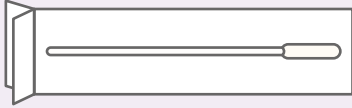


# SWAB INSTRUCTIONS

## *Self-swab nasal specimen collection*

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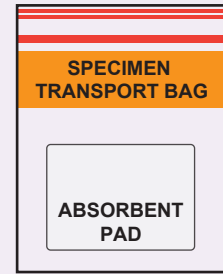
### KIT CONTENTS



**1 x STERILE SWAB**



**1 x COLLECTION TUBE**



**1 x SPECIMEN BAG**

### GETTING READY

1. Blow your nose. Discard the tissue.  
(Blowing your nose makes it easier to swab the inside of your nose)
2. Wash your hands with soap and water for 20 seconds - OR - use a hand sanitizer that contains at least 60% alcohol.
3. Identify a clean, dry surface to perform the nasal swab collection.
4. Open the kit and place all the supplies on the clean, dry surface.

# SWAB INSTRUCTIONS

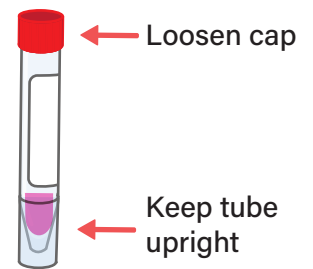
## Self-swab nasal specimen collection

### COLLECTING NASAL SPECIMEN

#### 1 LOOSEN CAP ON COLLECTION TUBE

Slightly loosen the cap and safely place the tube in a location where it won't spill.

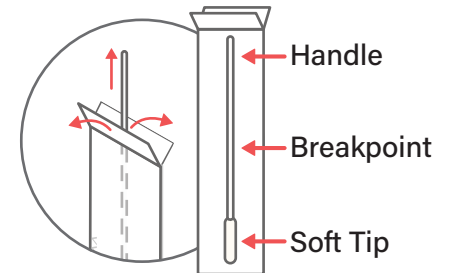
(You will be putting the swab into this tube when finished)



#### 2 OPEN NASAL SWAB

Open the swab and keep it within easy reach.

(Be careful to touch **ONLY** the handle and **NOT** the tip)

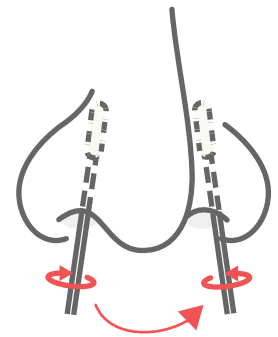


#### 3 SWAB NOSE (BOTH NOSTRILS)

Gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance. Slowly rotate the swab in a circular motion against the inside of your nostril at least 4 times for about 15 seconds.

Be sure to collect any nasal drainage that may be present on the swab.

Next, gently insert the same swab in the other nostril and repeat the same 15-second procedure.

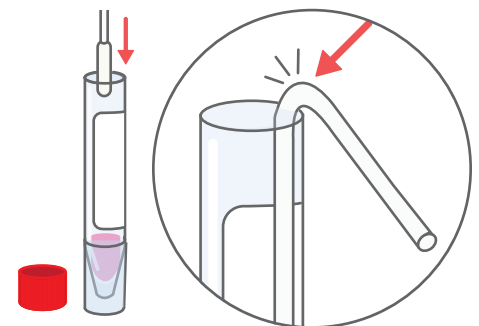


#### 4 PLACE SWAB INTO COLLECTION TUBE

Place swab tip first into the provided tube.

Break off the swab handle at the swab breakpoint by bending back and forth.

Screw the cap back on tightly.



#### 5 PLACE TUBE INTO SPECIMEN TRANSPORT BAG

Using a tissue, pick up the tube and place into the provided specimen transport bag. Discard the tissue. Seal the bag.

Refer to "Shipping Instructions" on mailing the sample back to the lab.

