

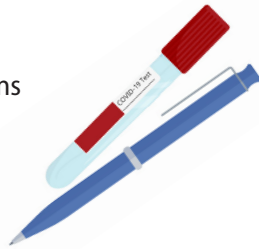
HOW TO COLLECT YOUR DEEP NASAL SWAB SAMPLE FOR COVID-19 TESTING



Follow the instructions included with your sample kit. Use **only** materials provided in your kit to collect and store your sample, unless the kit says to do otherwise. Use **only** an approved sampling kit given to you by your healthcare provider (if you are at home) or testing center personnel (if you are at a testing center).

Initial set-up

1. Open the sampling kit. Follow the kit instructions to label the sterile collection tube.

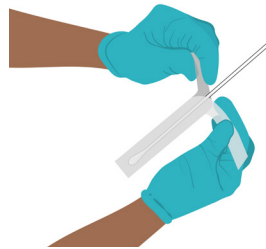


2. Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



Sample collection

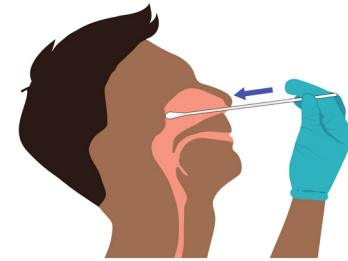
3. If gloves are included in the kit, put them on. Remove the swab from the container, being careful not to touch the soft end with your hands.



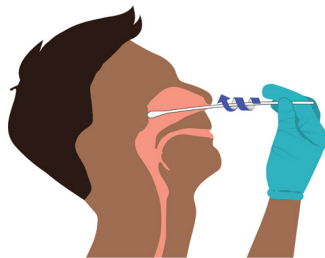
4. Tilt your head back as shown in this image.



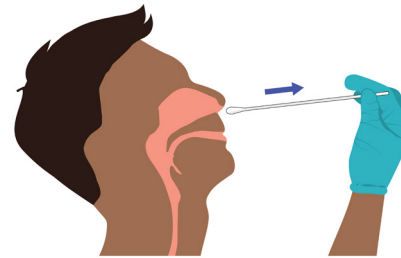
5. Gently insert the swab deep into your nostril, parallel to the roof of your mouth until it can go no further – about 1 to 1½ inches.



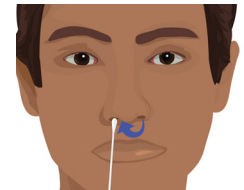
6. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.



7. Gently remove the swab.



8. Using the same swab, repeat steps 4-7 in your other nostril.



Preparing sample for return

9. Place the swab in the sterile tube and snap off the end of the swab at the break line. Place the cap on the tube.



10. If you are wearing gloves, remove them and throw them away. Wash your hands or re-apply sanitizer.



11. Place the sterile tube containing the swab in the biohazard bag provided and seal the bag.



Returning the sample

12. If you are at a testing site, give the bag with the swab to testing personnel.



OR

13. If you are at home, follow kit instructions for storing, packaging, and shipping the sample.



Final clean-up

14. Throw away remaining sample kit items.



15. Wash your hands or re-apply hand sanitizer.

