

## How to Collect Your Nasal Swab Sample for COVID-19 Testing

## Setup

1. Open the sampling kit.



2. Apply hand sanitizer with at least 60% alcohol. Cover all surfaces of your hands, and rub them together until dry.



## **Sample Collection**

- 3. Remove the swab from the container, being careful not to touch the soft end, which is the absorbent tip.
- **4.** Insert the **entire absorbent tip** of the swab into your nostril, but do not insert the swab more than <sup>3</sup>/<sub>4</sub> of an inch (1.5 cm) into your nose.



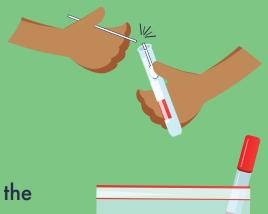
5. Slowly rotate the swab against the inside of your nostril at least 4 times for a total of 15 seconds. Be sure to collect any nasal drainage on the swab. Gently remove the swab from your nose.



6. Using the same swab, repeat steps 4-5 in your other nostril.

## Preparing Your Sample for Return

7. 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.



**8.** Reapply hand sanitizer. Place the tube containing the swab in the biohazard bag provided, and seal the bag.



9. Give the bag with the swab to testing personnel.



**10.** Throw away the remaining sample kit items, and reapply hand sanitizer.



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