

# HOW TO COLLECT YOUR ANTERIOR 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 or by personnel at the testing center.

## Initial set-up

1. Open the sampling kit.

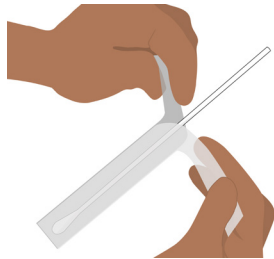


2. Apply hand sanitizer with at least 60% alcohol.

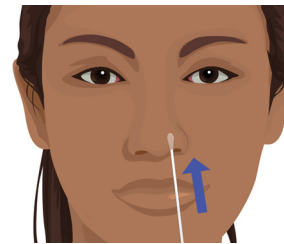


## Sample collection

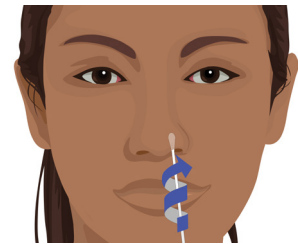
3. Remove the swab from the container, being careful not to touch the soft end with your hand.



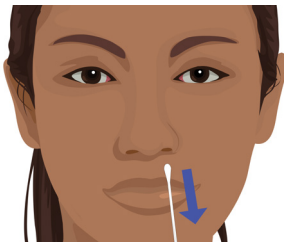
4. Insert the swab into your nostril. Do not insert it more than half an inch into your nostril.



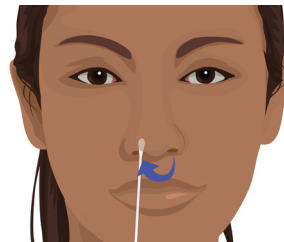
5. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.



6. Gently remove the swab.

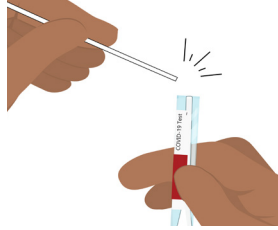


7. Using the same swab, repeat steps 4-6 in your other nostril.



## Preparation of sample for return

- 8.** 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.



- 9.** Re-apply hand sanitizer.



- 10.** Place the tube containing the swab in the biohazard bag provided and seal the bag.



## Returning the sample and clean-up

- 11.** Give the bag with the swab to testing personnel.



- 12.** Throw away remaining sample kit items.



- 13.** Re-apply hand sanitizer.

