



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 $\frac{3}{4}$ 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.



Returning the Sample and Clean-Up

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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