

# 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 sample collection kit given to you by your healthcare provider or personnel at the testing center.

## Initial set-up

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 they feel 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 in a circular path against the inside of your nostril at least 4 times for a total of 15 seconds. Be sure to collect any nasal drainage that may be present on the swab.



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 the remaining sample kit items.



- 13.** Re-apply hand sanitizer.

