

Collecting your nasal swabs

For each swab you will need:

▪ Tissue ▪ Sterile swab ▪ vial/collection bag

1. Wash hands with soap and water.
2. Blow your nose to get rid of excess mucus.
3. Remove swab from the small bag.
4. Insert swab into one nostril about the depth of the swab tip.
5. Rotate swab against nostril wall at least two times.
6. Repeat steps 4-5 in the other nostril.
7. Place the swab in the vial.
8. Break the swab stick by bending to snap.
9. Put the cap back on the vial, making sure it is closed tightly and will not leak or spill.
10. Put the vial into the small collection bag.
11. Wash hands again with soap and water.



QUESTIONS: Contact **<name>**, <email>