



Patient Instructions

Self-administered nasal specimen collection

Please tell the staff if you do not understand these instructions or if you have any questions.

Instructions for performing the self-administered nasal specimen collection:

- 1) Open the self-swab package. Hold the swab with the score line above your fingers. Do not touch the tip of the swab with your fingers. See picture below.
- 2) Insert the swab 1-2 cm (approx. ½ inch) into your right nostril. Rotate it twice and hold it in place for 15 seconds. See picture below.
- 3) Insert the swab 1-2 cm (approx. ½ inch) into your left nostril. Rotate it twice and hold it in place for 15 seconds. See picture below.
- 4) Open the transport media vial and place the swab in the vial.
- 5) Break the swab off at the score line and close the vial.
- 6) Place the vial, swab packaging, and broken piece of the swab stick on the table.
- 7) Drive forward once directed by staff.

