


These are general instructions. You may be given more specific instructions by the testing personnel.
Please speak to your testing personnel if you have questions.

Safety

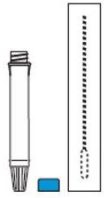
Protect yourself from infection by keeping your mask on except for when you are swabbing your nose.



Equipment


You will be given the following materials to perform a swab of your nose:

- Packaged nasal swab
- Test tube pre-filled with liquid




1. Blow nose and wash hands

- Before beginning, gently blow your nose into a tissue.
- Wash your hands with hand sanitizer.



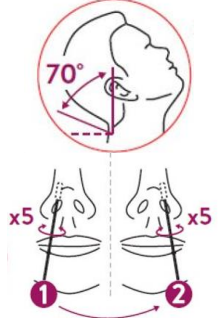
2. Open nasal swab

- Peel open the sealed swab wrapper.
- Remove the swab from the package by holding the swab by the handle. Be careful to not touch the soft tip with your hands.



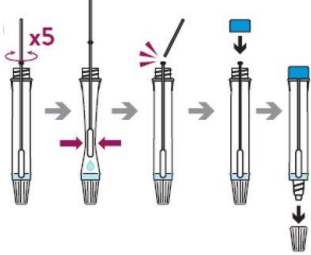
3. Swab both nostrils

- Tilt your head back by 70°.
- Insert the soft tip end of the swab about 2.5cm (1 inch) straight back (not up) into one nostril.
 - Stop when you reach 2.5 cm or when you feel slight resistance
- Rotate the swab slowly about 5-10 times and leave swab in place for 2-3 sec
- Remove swab from nose and re-insert in the other nostril
 - Repeat the same steps as above, using the same swab



4. Put swab in tube pre-filled with liquid

- Gently insert the soft tip end of the swab into the test tube.
- Swirl the swab in the pre-filled liquid for 15 seconds and press the soft tip into the inside walls of the tube a few times.
- Remove the swab while squeezing the sides of the test tube with your fingers to extract the liquid from the swab.
- Break the swab at the breakpoint and place the blue tube cap on.
 - Discard broken part of the swab in a biohazardous waste container.
- Place the cap on the test tube and screw it on tightly to avoid leakage.



5. Provide the test tube to the testing personnel

- Wash hands and dispose of packaging.
- Test results will be read in 15 minutes.

