

## HOW TO COLLECT A NASAL SPECIMEN FOR COVID-19 TESTING

1. Fill out the provided label with your full name, date of birth, date and time you are collecting the sample.

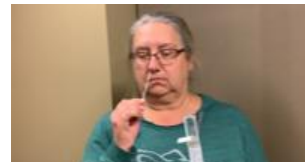


2. Remove the swab from the package by pulling ends apart to approximately half way down.

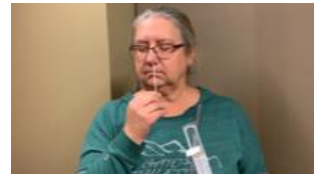
- a. **Do not touch the soft end with your hands or anything else.**
- b. Do not damage the package. The swab must go back into the labeled package after use.



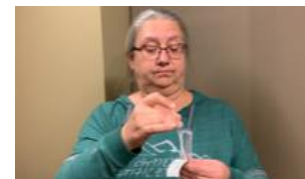
3. Gently insert the entire soft end of the swab straight back into your nostril less than one inch or until resistance is felt.



4. Slowly rotate the swab, gently rubbing it along the insides of your nasal passage several times.



5. Using the same swab, repeat steps 3 and 4 in your other nostril with the same end of the swab.



6. Carefully re-insert swab into package.

7. Place swab in supplied biohazard bag. (If collecting multiple swabs from same family, each swab is placed into its own biohazard bag.)



8. Drop biohazard bag with the swab into the designated collection container just inside door N-5.