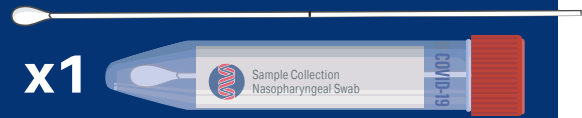


COVID-19 Nasal Swab Self-Collection

A nasal specimen is required for COVID-19 testing. Instructions on how to collect this swab are provided below.

This document is intended for demonstration purposes only.

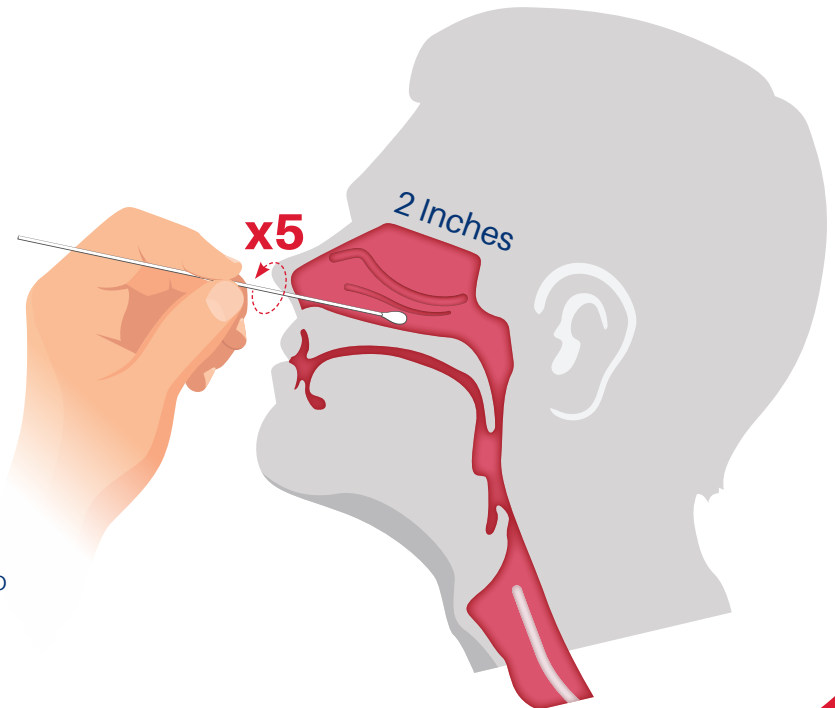


1 Preparation

- Complete requisition enclosed.
- Ensure the collection tube is labeled with the patient's first and last name, date of birth, gender, time and date of collection.
- Blow your nose before swab collection.
- Wash your hands.

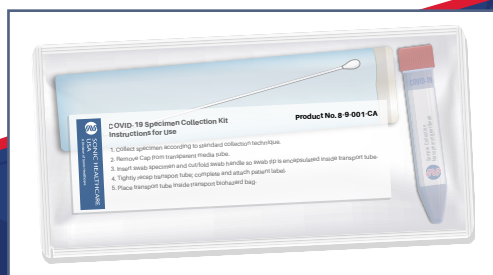
2 Nasal Swab

- Gently unscrew the cap.
- Remove the swab from the sterile wrapping.
- Do **NOT** touch any part of the swab other than the shaft of the swab.
- Next, insert the tip of the swab **horizontally** into one nostril, at least 2 inches until resistance is felt. Some patients may experience an urge to sneeze or cough or watering of the eyes.
- Rotate the swab **5 times and then leave in position for 5-10 seconds** to absorb any material present.
- Withdraw the swab carefully, taking care not to touch the exposed tip.
- Insert swab shaft into tube, snap shaft at marked line or bend the swab to fit inside the tube.
- Screw on lid firmly to ensure no leakage.



3 Delivery

- Place the labeled tube into the specimen bag provided and seal it air tight.
- Place the completed requisition form into the side sleeve of the specimen bag.
- Drop-off the completed kit per instructions at designated location.



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