

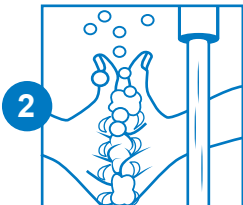
# How to collect an observed nasal swab sample

Read instructions entirely. Failure to follow the instructions entirely may lead to false results. Please only collect the sample in the presence of a staff member in the drop-off station.



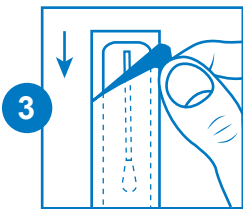
## 1 Blow your nose.

Make sure it is clear of particulate matter.



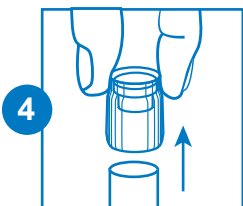
## 2 Wash your hands.

Wash with soap and water for at least 20 seconds or use hand sanitizer and dry completely.



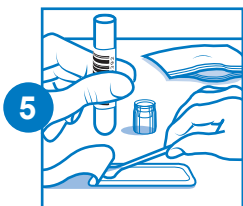
## 3 Open the package with the swab.

**Careful: Don't touch the soft tip with your hands.** Peel open where indicated. Leave swab in the package for now.



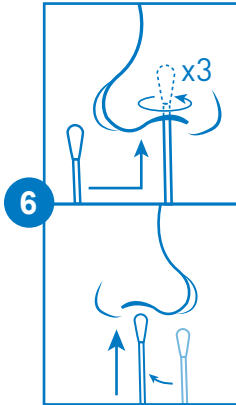
## 4 Remove the cap of the collection tube.

Place it right side up on a clean surface where you can easily find it.



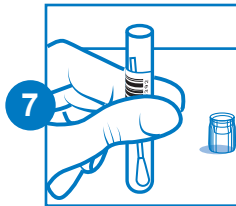
## 5 Pick up the swab without touching the soft tip.

Have the tube ready to put the swab in after collecting the sample.



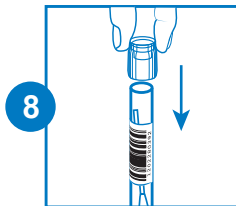
## 6 Collect sample from both nostrils.

Pull swab out of its packaging, **being careful not to touch the soft tip with your hands**, and insert it into one nostril just until the soft tip is no longer visible. Rotate it in a circle around the inside edge of your nostril at least 3 times. Use the same soft tip to repeat the previous step in the second nostril 3 times.



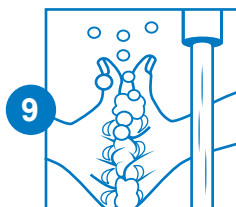
## 7 Put the swab in the collection tube.

The soft tip of the swab that went into your nose should go into the tube first.



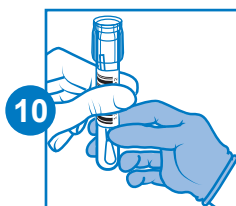
## 8 Replace the cap.

You're almost done! Make sure the cap is on tight.



## 9 Wash your hands.

Wash with soap and water for at least 20 seconds or use hand sanitizer and dry completely.



## 10 Hand tube to staff member.

You are all set!

Questions? Ask a staff member for assistance.