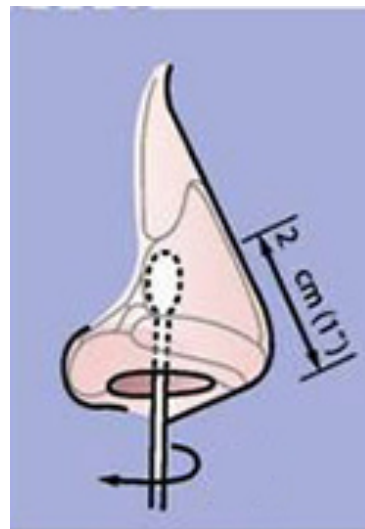


## COVID-19 Self-collection Instructions

### Anterior nostril self-swab nasal specimen collection

**Note: Collections must be witnessed by a healthcare provider**

1. **Wash your hands**
2. **Open swab package**
  - a. Remove the swab from the wrapper by pulling the two ends of the wrapper apart.
  - b. Be careful to only touch the handle, not the tip.
3. **Loosen cap on tube**
  - a. Slightly loosen the cap from the tube so it is easier to open later.
  - b. Place it in a safe location where it won't spill – there is liquid inside.
    - i. You'll be putting your swab into this tube when finished.



4. **Swab nose**
  - a. Insert the swab approximately  $\frac{3}{4}$  inches into the nostril (naris).
  - b. Rotate the swab against the inner front wall of the nasal cavity (approximately 10 sec).
  - c. Using the same swab, repeat in the other nostril.
5. **Put swab in tube**
  - a. Remove the tube cap, lower the swab, tip first, into the provided tube (be careful not to let the tip touch anything before inserting into the tube).
  - b. Break the swab handle at the swab breakpoint by bending it back and forth.
  - c. Screw the cap on tightly and hand it to the healthcare provider (if present) or place in biosafety bag and bring to clinic.



6. **Wash your hands again**



**Sample tube.** Note: There are multiple acceptable transport tubes; the one you are provided may appear different and may contain a clear liquid.

**Swab.** Note: There are multiple acceptable swabs; the one you are provided may appear different.