

How to Collect an Anterior Nasal Swab Specimen for COVID-19 Testing



Use **only** an authorized specimen collection kit given to you by your healthcare provider. Follow the instructions below. Use **only** materials provided in the kit to collect the specimen, unless the kit says to do otherwise.

Set-up

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.

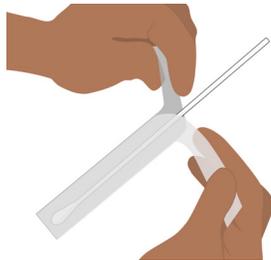


2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.

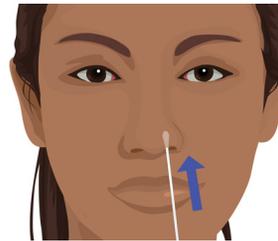


Specimen collection

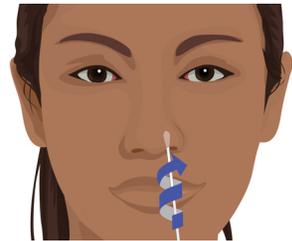
3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.



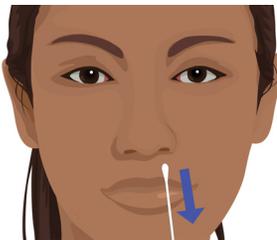
4. Insert the entire soft end of the swab into your nostril **no more than 3/4 of an inch** (1.5 cm) into your nose.



5. Slowly rotate the swab, gently pressing against the inside of your nostril at least 4 times for a total of 15 seconds. Get as much nasal discharge as possible on the soft end of the swab.



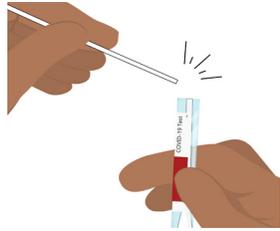
6. Gently remove the swab.



7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.

Preparation of specimen for return

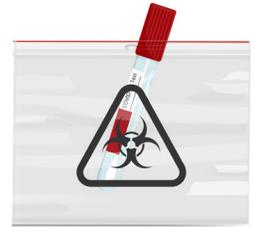
- 8.** Place the swab in the swab package. The package will not re-seal.



- 9.** Wash hands or re-apply hand sanitizer.



- 10.** Place the package containing the swab in the biohazard bag provided and seal the bag.



Returning the specimen and clean-up

- 11.** Place the bag with the swab in a designated return receptacle.



- 12.** Throw away any remaining specimen collection kit items.



- 13.** Wash hands or re-apply hand sanitizer.

