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# What to expect for your COVID-19 Self-Swab Test

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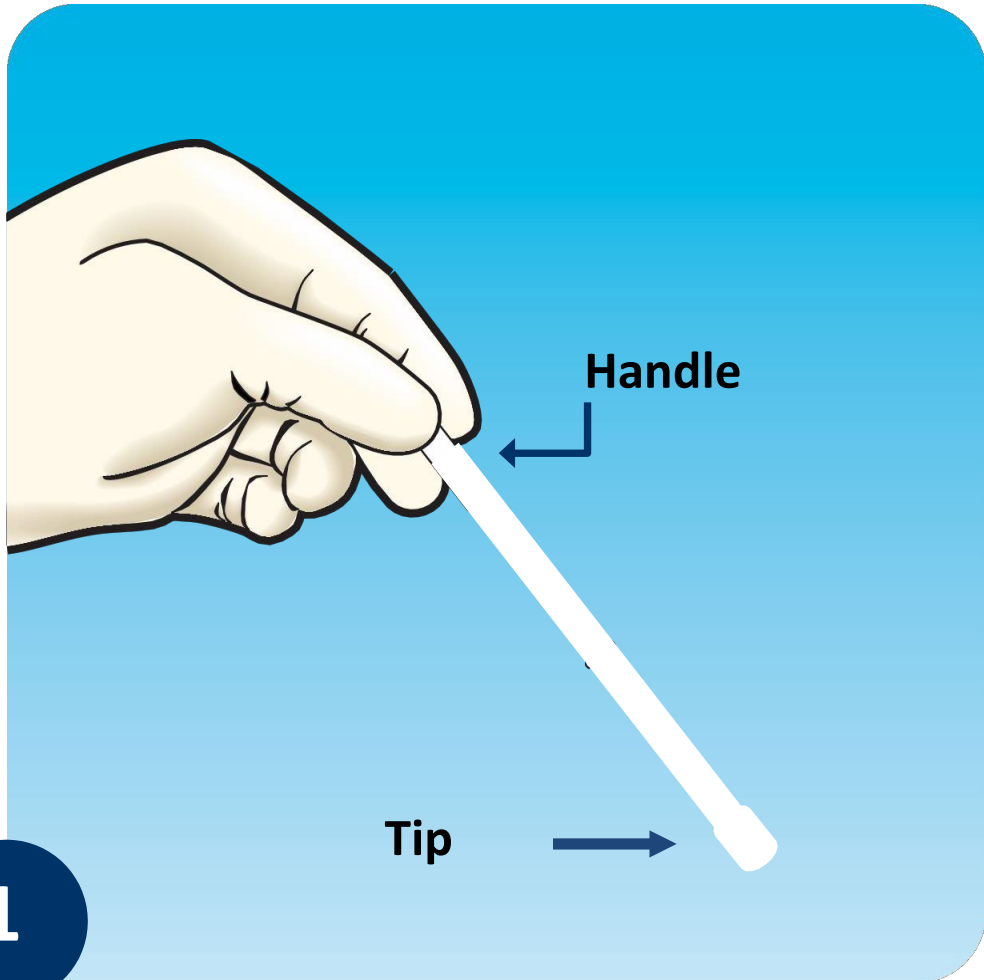
Here's  
what's in  
your test kit:

- Swab (1)
- Tube of **medium** (1)



— Place in nostril

— Handle



## **STEP 1:**

**Remove the nasal swab from the wrapper by pulling two ends of the wrapper and peel away from the swab.**

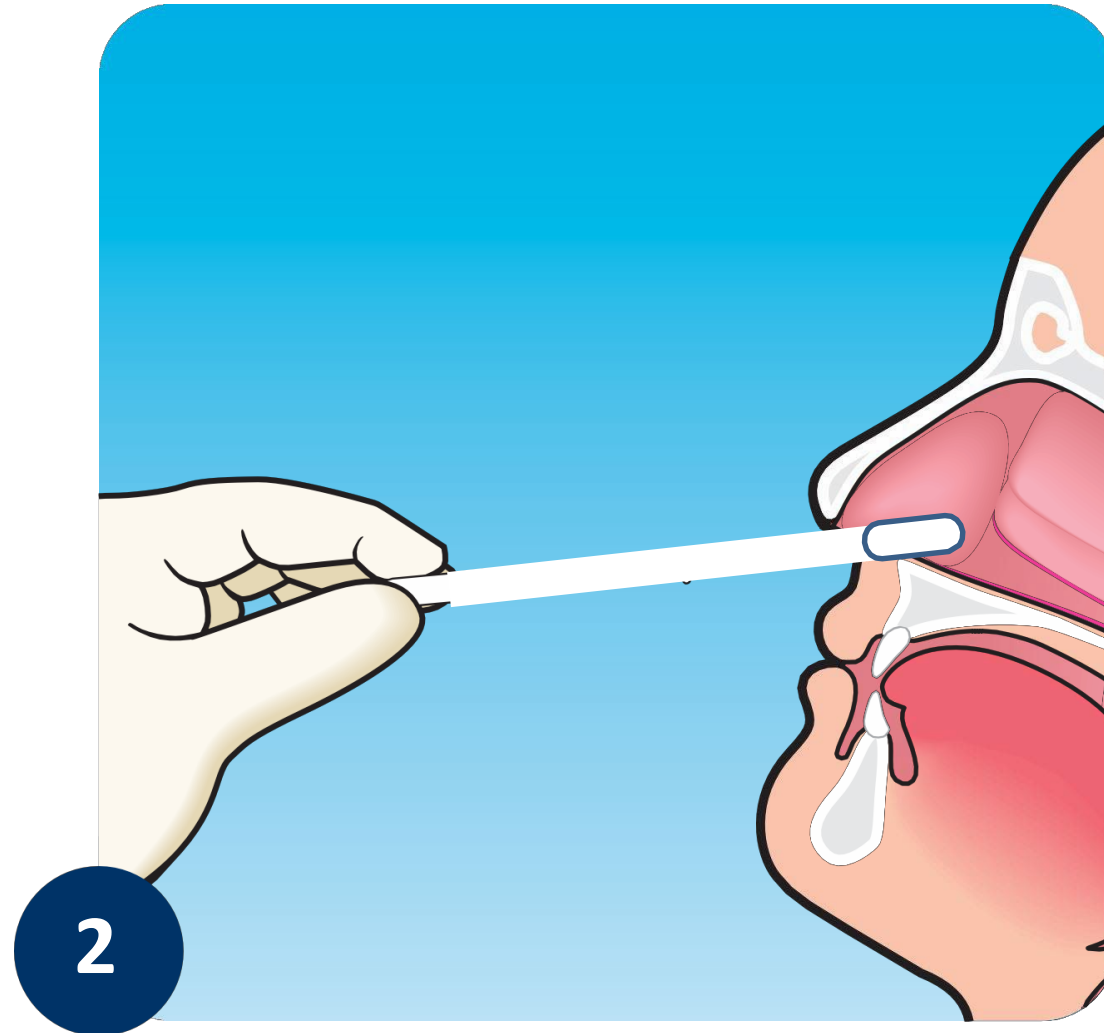
**Be careful only to touch the handle – not the tip.**

**Slightly loosen the cap on the tube so it is easier to open later. Be careful not to spill the liquid inside**

## STEP 2:

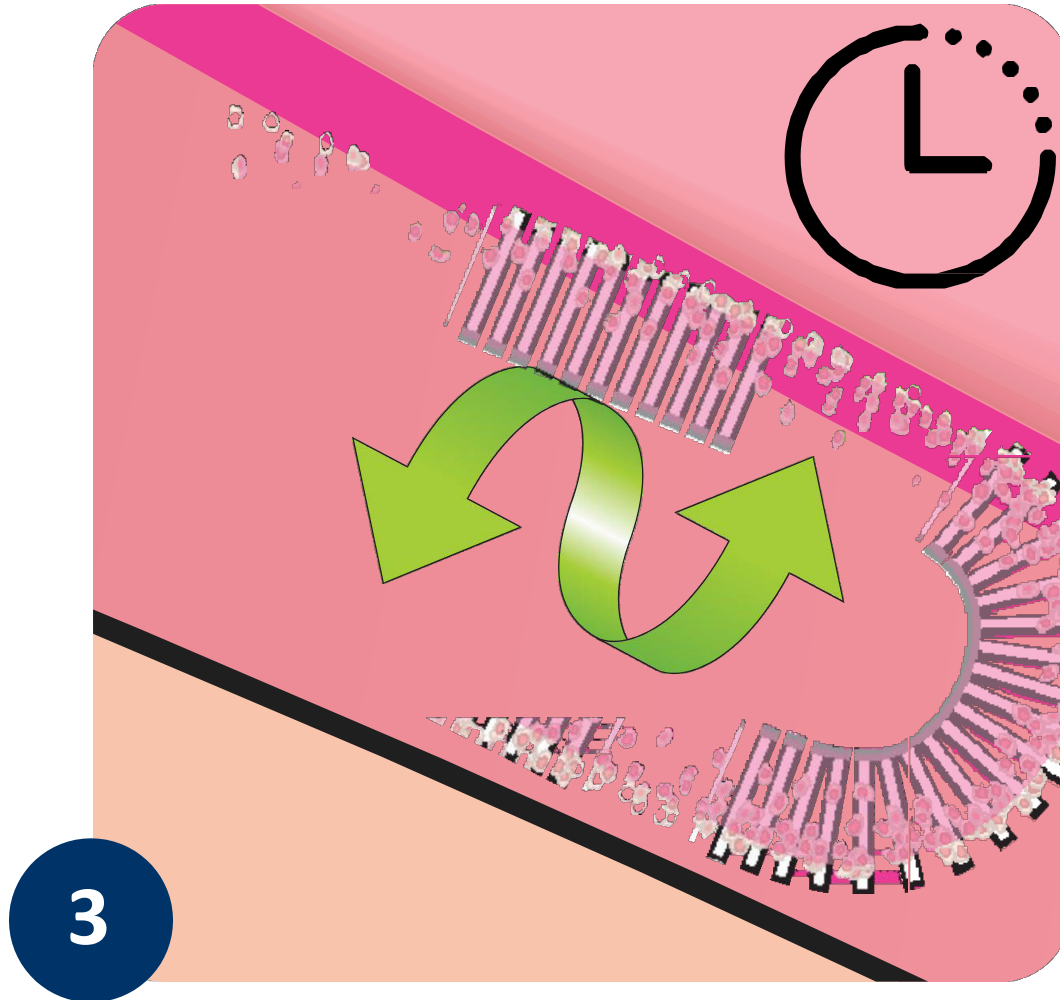
Position head back slightly.

Gently insert swab tip into the right nostril until you meet slight resistance, about  $\frac{3}{4}$  inch.



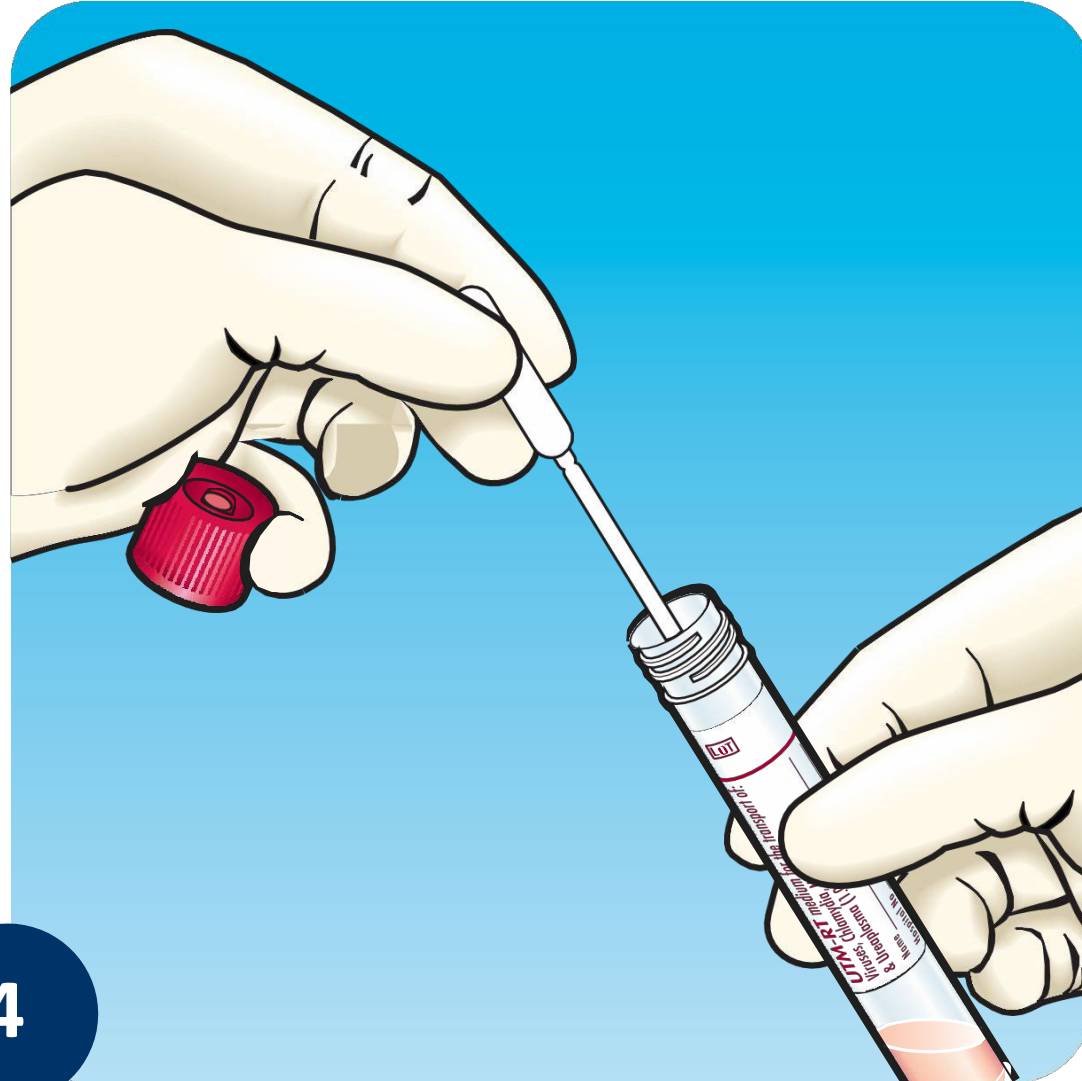
## STEP 3:

When the swab is in place, rotate against the inside of the nose for 3 seconds. Remove the swab from the nostril and repeat the steps in your LEFT nostril, removing the swab when finished.



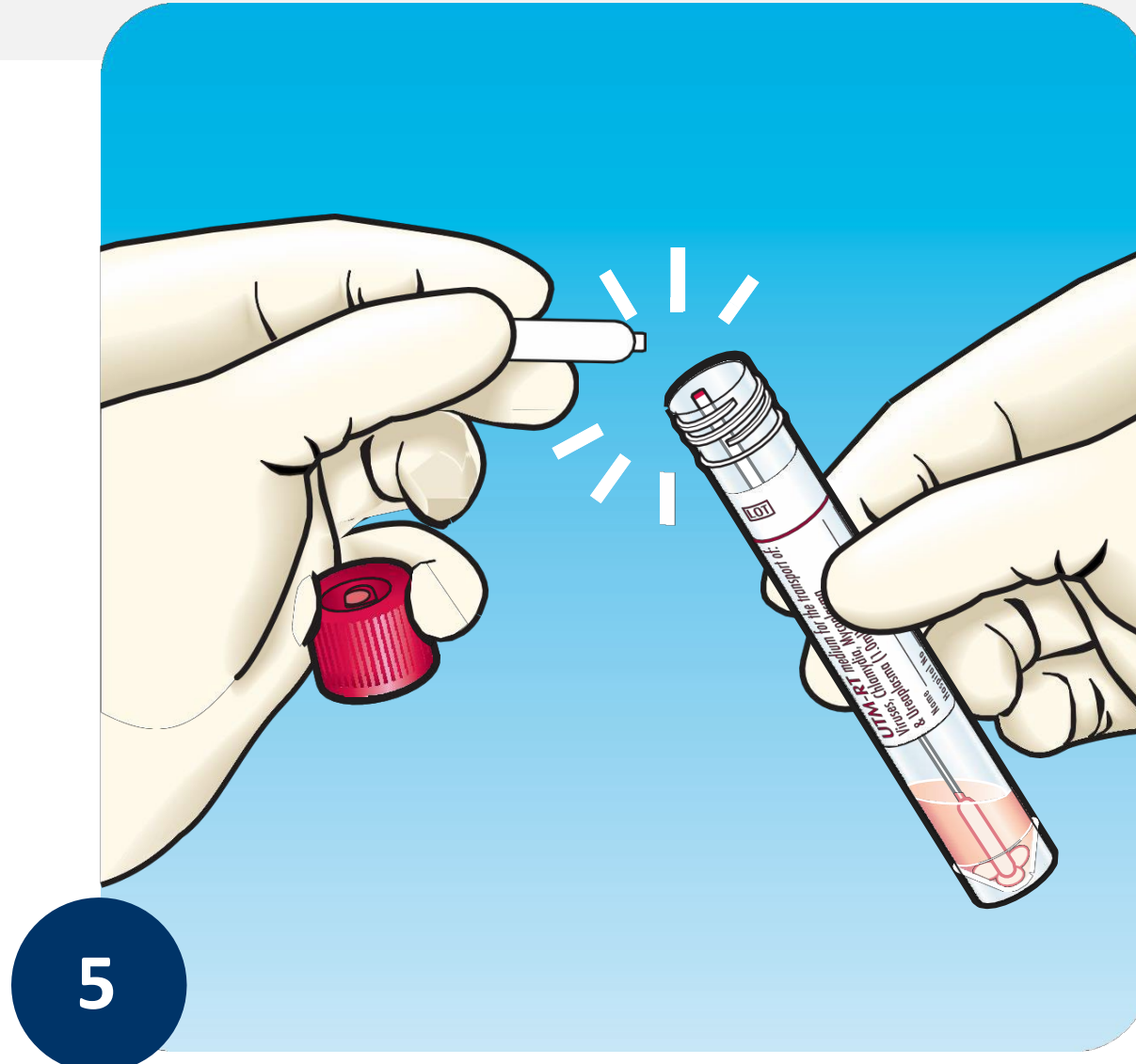
**STEP 4:** While holding the swab, remove the cap off the tube.

Insert the swab tip all the way down into the tube, continue to hold the swab by the handle.

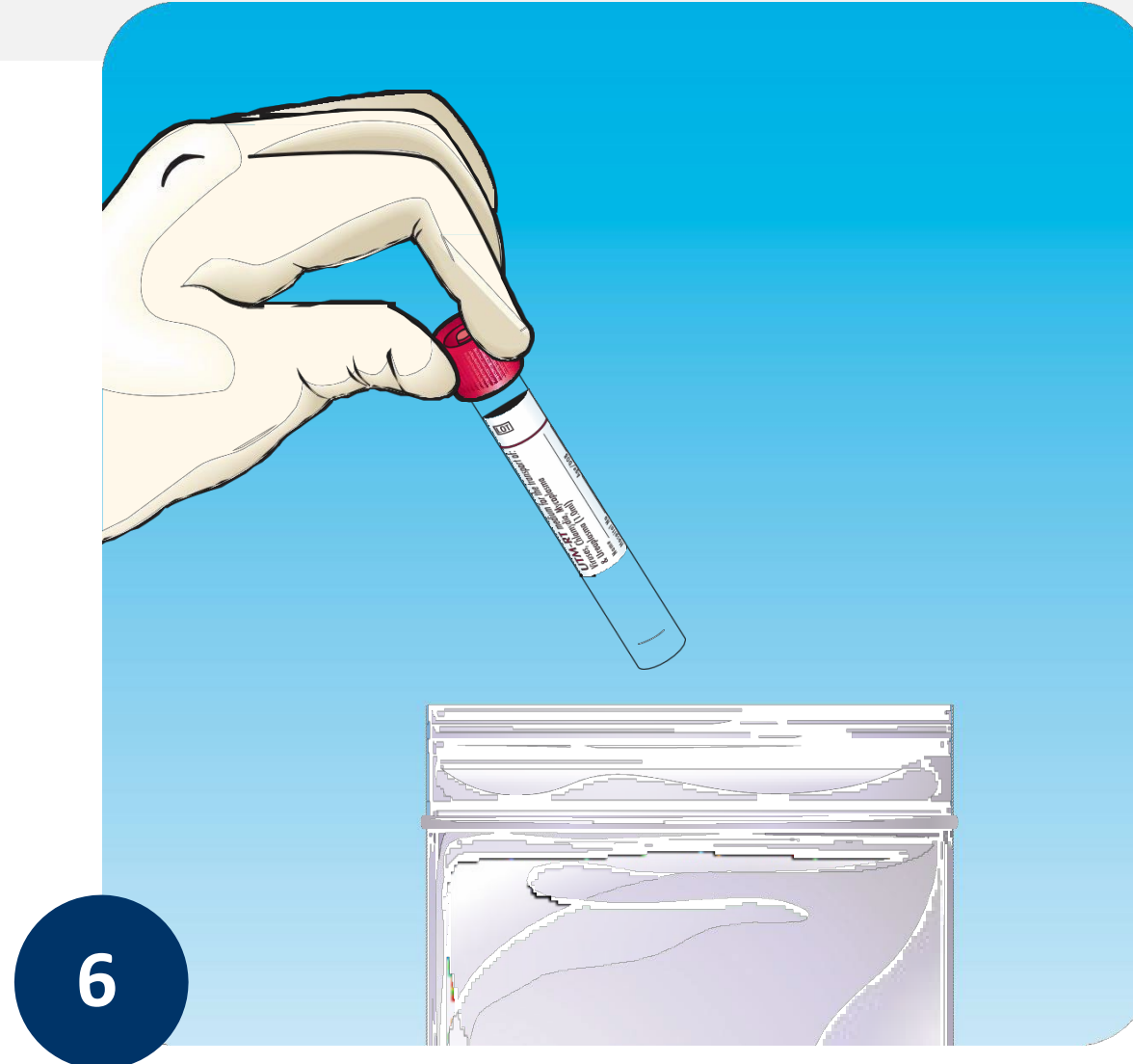


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**STEP 5: Break the swab handle short enough to fit inside the tube without touching the lid. Keep the remainder of the handle and dispose when you are able. Recap the tube securely.**



**STEP 6: Ensure the tube is labeled with two unique identifiers (first name, last name and date of birth) and place the tube into the specimen bag and seal the bag.**



*Please note: test kit appearance and swab process may vary slightly. Always follow the instructions of the onsite testing staff.*



That's it! You're all finished. Wash your hands with soap and water or use hand sanitizer as soon as you are able.

