

Sample Collection Instructions

Sample collection is to be done by a healthcare provider or medical professional. If you qualify for the COVID-19 test, take the sample collection kit to your provider or any medical professional to capture your sample.

IMPORTANT: Do **NOT** drink, eat, chew gum, or smoke for at least an hour before taking your samples. Read all instructions before beginning. Each person participating in the test must complete and sign the consent form. Parents or guardians can sign for children and minors.

- A. With clean hands, carefully open the plastic wrapper of one of the cotton-tipped swab packets. **THE COTTON TIPS MUST NOT BE TOUCHED**



B-1 Instructions for collecting a nasal mid-turbinate (NMT) specimen: Take out the swab, and insert it deeply into the nose, although it may cause discomfort. Scrape the inside of the nose vigorously, and turn for a couple seconds, until the swab is completely wet. **NOTE:** The swab is nasopharyngeal, meaning that it **must** enter the nose very deeply in order to secure an accurate sample collection.

B-2 Instructions for collecting an oropharyngeal (OP) specimen: Take out the other swab and insert it into the mouth until it touches the back of the throat. Make sure that the swab does not touch the cheeks or the walls of the mouth. Once the swab is at the back of the throat, perform up and down movements, scraping the throat, so that the swab is completely wet. Note that this may cause some discomfort.

Place the nasal swab into the provided 15mL tube, careful not to touch the cotton tip. Break or bend the extra handle off the swabs, so they fit into tube.

C- Close the cap of the tube, leaving the swab tips inside. The 15ml tube must securely tighten to ensure the quality of the sample. Make sure the cotton tips are in the liquid. Put the tube inside provided Lab Guard bag containing an absorbent paper.

D- Place the Lab Guard bag containing the tube and your completed consent form in the blue box. Return the box to us with the provided FedEx bag and label.

***HEALTHCARE PROFESSIONALS:**

CDC also recommends testing lower respiratory tract specimens, if available. For patients who develop a productive cough, sputum should be collected and tested for COVID-19. The induction of sputum is not recommended. When it is clinically indicated (e.g., those receiving invasive mechanical ventilation), a lower respiratory tract aspirate or bronchoalveolar lavage sample should be collected and tested as a lower respiratory tract specimen.