SELF-SWAB INSTRUCTIONS

Inside the tube is an irritant to skin. Inform your swab coach if you get any on yourself.

Your swab coach will help you through these steps

1. Put your capped tube in the tube holder.
   
   Your swab coach will open the tube for you.

2. Identify the stick end of your swab and peel open like a banana.

3. Remove your mask. Carefully insert the swab into the first nostril until you feel resistance (less than one inch in).
   
   Make **10 large circles**, rubbing against the nasal wall.
   
   Repeat in other nostril.

4. Place your swab in the tube.
   
   Replace your mask, and **wait for your coach to proceed**.

5. **With your coach, twist** the swab between your fingers **10 times**.
   
   Tap gently on the inside of the tube to remove any drips.

6. Throw your swab away in the infectious waste bin.

7. Your coach will close your tube for you and let you know how to turn in your sample.