

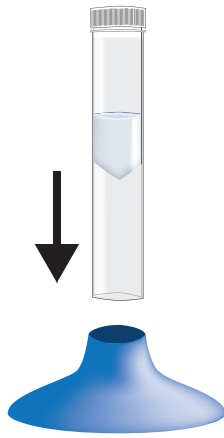
SELF-SWAB INSTRUCTIONS

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

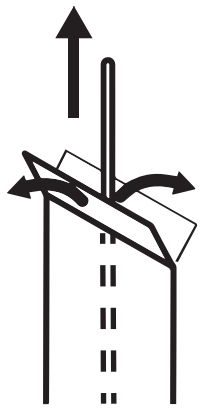
Your swab coach will help you through these steps

1 Put your capped tube in the tube holder.

Your swab coach will open the tube for you.



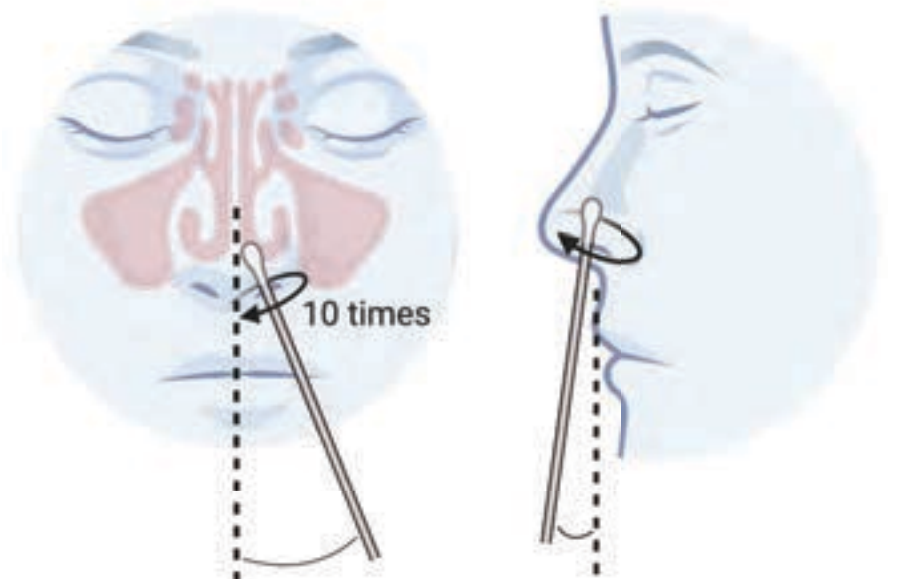
2 Identify the stick end of your swab and peel open like a banana.



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.

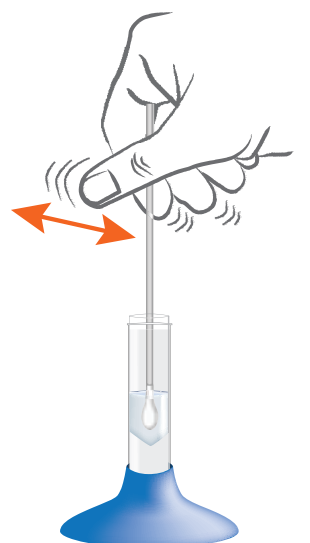


4 Place your swab in the tube.

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.

