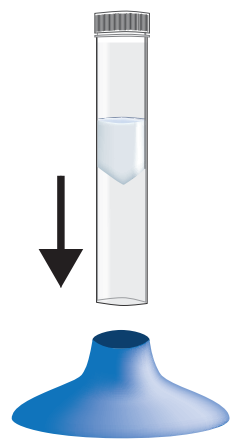
SELF-SWAB INSTRUCTIONS

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

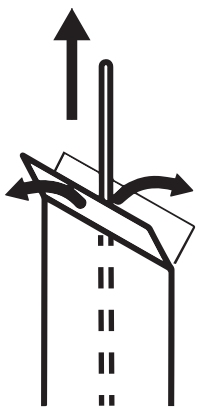
Your swab coach will help you through these steps

1 Put your capped tube in the tube holder.

Your swab coach will open the tube for you.



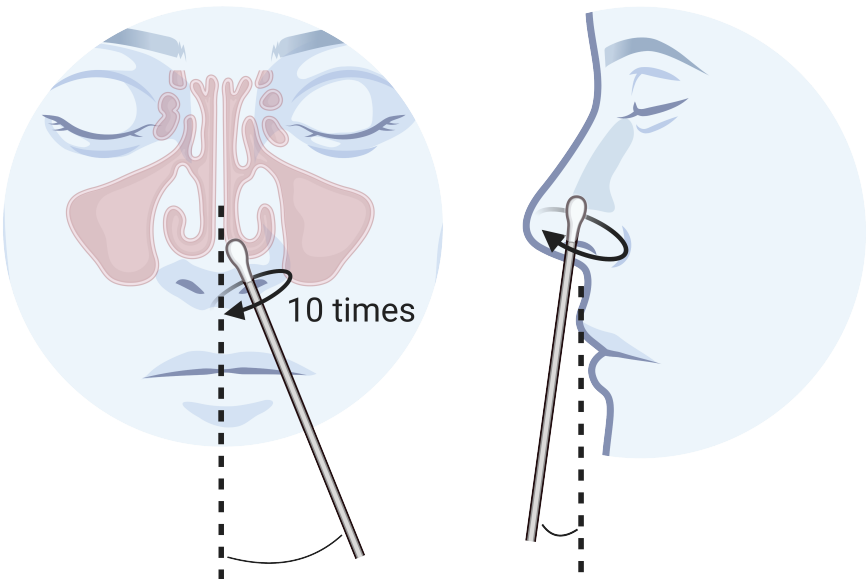
2 Identify the stick end of your swab and peel open like a banana.



3 Remove your mask.
Carefully insert the swab into the first nostril until you feel resistance (less than one inch in).

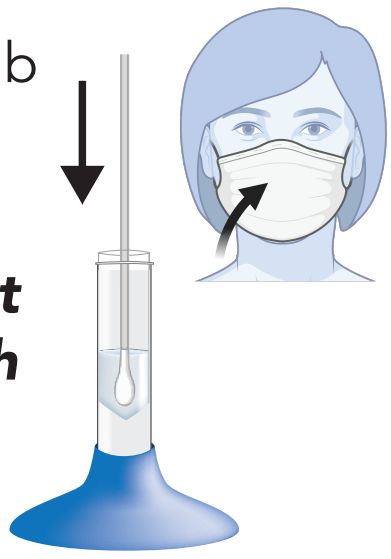
Make ***10 large circles,*** rubbing against the nasal wall.

Repeat in other nostril.

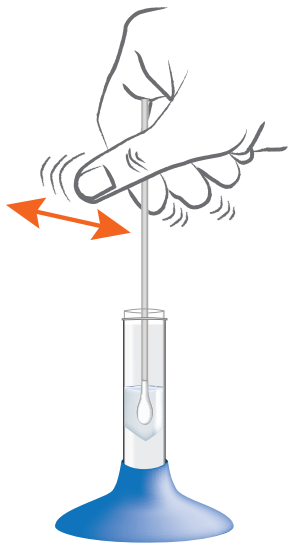


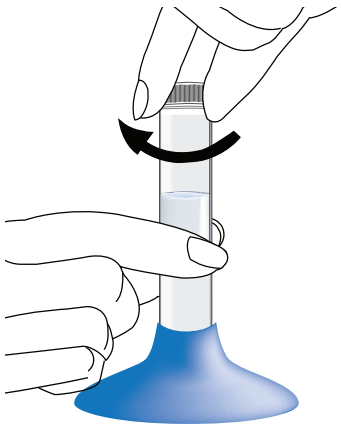
4 Place your swab in the tube.

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.