Self-Collection Instructions (Health Care Professional Supervised)

Read ALL steps before collecting your sample!

1) You will receive supplies to self-collect your sample. You will collect your sample under the supervision of a health care professional.

2) When you are ready to collect, take the swab out of its sleeve. Do not touch the tip of the swab with your hands.

3) Screw off the top of the collection tube. Place collection tube on a flat surface standing up.

4) Insert the tip of the swab into one nostril. The tip of the swab should no longer be visible. Give the swab a gentle push against the inside of your nostril. Rotate the swab in a circle around the entire inside of your nostril at least 3 times. This will get multiple areas of the inside of your nostril to provide a proper sample.

5) Repeat step 4 in your other nostril.

6) Pick up the collection tube and hold it steady in one hand. Slowly twist the swab into the collection tube with a corkscrew motion. There will be resistance, but push the swab all the way to the bottom of tube.

7) Hold the tube steady and move the swab up and down rapidly inside the tube. Do this 10-15 times without moving the swab out of the liquid.

8) Hold the collection tube firmly and remove the swab by slowly twisting out with a corkscrew motion. DO NOT PLACE USED SWAB IN BIOHAZARD BAG.

9) Make sure you screw the top back on the collection tube tightly.

10) Place the swab back in its sleeve. REMINDER: DO NOT PLACE THE USED SWAB IN THE BIOHAZARD BAG.

11) Insert the collection tube into the biohazard bag. Seal the biohazard bag. Return the swab in its sleeve and biohazard bag to the health care professional.