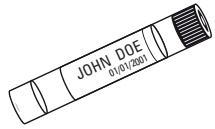
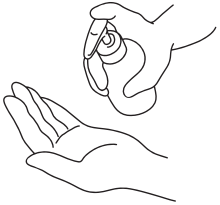


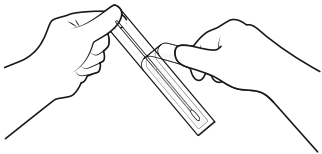
# Self-swab COVID-19 Testing Instructions



Look at the test tube vial. Make sure your **name and birthdate** are correct. If it is not correct, **STOP** and notify testing site staff



Apply hand sanitizer



Open swab package at one end and remove swab. Be careful. **DO NOT** let the testing tip (looks like white cotton) touch your fingers or anything else

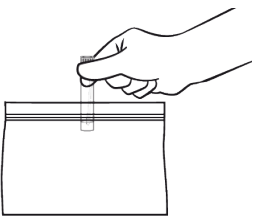


Carefully place swab inside the opening of the nose. Do not insert more than 1/2—1 inch. Slowly twist the swab, running it along the inside of the nostril for **5 seconds**

Remove the swab and repeat on the other side of the nose



Carefully place the swab in the sterile tube and snap off the end of the swab at the break line. Place the cap on the tube.



Place tube in plastic bag and seal. Give the bag to testing site staff



Reapply hand sanitizer

