What to expect for your COVID-19 Self-Swab Test
Here’s what’s in your test kit:

- Swab (1)
- Tube of medium (1)
STEP 1:

Remove the swab from its packaging, holding by the end of applicator.

Identify the swab breaking point.

PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.
STEP 2:
Tilt your head back slightly and insert swab into the LEFT nostril.
Gently push the swab until a light resistance is met (less than one inch into the nostril).

PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.
STEP 3:
When swab is in place, rotate in a circular motion for 3-5 seconds.
Remove the swab from nostril and repeat steps on RIGHT nostril, removing the swab when finished.

PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.
STEP 4:
While holding the swab, **remove the cap** from the tube.
- Insert the swab into the tube, continuing to hold by the handle.

**PLEASE NOTE:** Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.
STEP 5: Break the swab at the break point, throw the swab handle in your personal garbage and re-cap the tube.

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STEP 6:
Place Tube in the specimen bag.
Make sure specimen bag is sealed, then drop bag into collection box.

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That’s it! You’re all finished. Wash your hands with soap and water or use hand sanitizer as soon as you are able.