

Nasal Swab Technique: Instructions for Patients- 6.15.2020 1600

Please be sure to read the instructions all the way through before beginning.

Steps

- 1 Gather your supplies, but do not open them:
 - Nasal swab and collection tube (provided by your healthcare team)
 - Facial tissue, if desired
- 2 Wash your hands with soap and water or an alcohol-based hand sanitizer.
- 3 Remove your mask.
- 4 Carefully open the package containing the nasal swab. Do not set it down or touch the end.
- 5 Insert the swab at least one half (0.5) inch inside of your right nostril.
- 6 Place a finger from your other hand against the swab with your nostril sandwiched between.
- 7 Rotate the swab against the inside of your nostril for about 10 seconds while continuing to apply pressure with your finger from the outside.
- 8 Remove the swab from the right nostril and repeat the swabbing technique (Steps 5, 6 and 7) in the left nostril. You will sample both nostrils with the same swab.
- 9 Remove the swab from the nostril, being very careful not to touch the end of the swab.
- 10 Place the swab into the collection tube, swab end first.
- 11 Put your mask back on.
- 12 The person helping you will take the collection tube from you.
- 13 Wash your hands with soap and water or an alcohol-based hand sanitizer.

