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.